



>> WELCOME

Welcome to your 10-day home workout program! I'm thrilled you've made the decision to prioritize your health and wellbeing by joining me. Over the next 10 days, we'll explore beginner-friendly workouts designed to build your strength & confidence.

From strength training to cardio, each workout is crafted with your needs in mind. The goal is to find joy in exercise, making it something you look forward to every day.

Throughout this program, you'll have the chance to repeat workouts, allowing you to build familiarity and comfort with the exercises. Trust in the process and know that I'm here to support you every step of the way.

So get ready to sweat, smile, and feel amazing! Let's kickstart this exciting adventure together and transform your health and fitness one workout at a time. Welcome to your new fitness journey—I'm thrilled to be a part of it!





Workout Plan for Beginners – Getting Your Feet Wet with Fitness

During the first stages, it is crucial to set a specific, measurable, attainable, timespecific, and realistic goal compared to a baseline. Ask yourself what you are hoping to accomplish, whether specific to weight loss or strengthening goals.

Before You Start a New Workout Program

Before starting a new workout program, it is essential to take a step back, determine personal fitness goals, and consider your baseline. This is all part of the preparation process needed to successfully make a behavioral change, such as starting a new workout program.

If you are preparing to begin a workout program and are just getting back into exercise, it is crucial to maintain the following workout tips:

Make sure you are cleared to exercise – Before beginning any exercise program, it is important that your primary care physician cleared you to exercise. Don't have a physician? Think about finding one and starting regular annual visits with your primary care physician to prioritize your health and wellbeing. Getting an annual physical is an excellent step towards managing your health and can make it easier to get the "all clear" to begin an exercise program. Some medications may affect your heart rate, and it's important to know how that may relate to your workouts.

Determine your baseline goal – It is important to know what you hope to accomplish by the exercise program. Is your goal related to weight loss or increasing muscular strength and endurance? Make sure to identify your goal before jumping into a schedule so that you maximize your efforts and work efficiently towards your goals. Your goals should be SMART (specific, measurable, attainable, realistic, and time-specific).





Getting Started

One of the easiest parts of starting an exercise program is deciding to do it. Usually, there's something inspiring you to make a change: Maybe you tried on a pair of jeans that were too tight or there's an upcoming event—a reunion, wedding, or party—where you're going to see people you haven't seen in a while.

Whatever it is, you're motivated, you're excited, and the fantasy of a new you is enough to inspire you. It's the getting started part that can be tricky. Here's how to harness that energy to get started and follow through with making your goal a reality.

Prepare to Work Out

When it comes to slimming down and toning up, there are two key types of workouts: **cardio**, which burns calories by raising your heart rate, and **strength training**, which builds the lean muscle that boosts metabolism, the rate at which you burn calories. Together, this pairing can produce powerful weight-loss results.

What you will need:

- Room to move from side to side and back and forth. Six to 10 feet is adequate, but you can also do these exercises while standing in place. Clear the space of clutter.
- · Tablet, computer, or smart TV to stream your workouts
- Water
- Towel
- · Comfortable workout attire and footwear for support
- Mat
- · Various dumbbells: Some exercises require weights as you progress. Try to have a range of dumbbells including: a light set (2 to 5 pounds for women, 5 to 8 pounds for men).





Learn the Basics

Strength training can help you manage or lose weight, and it can increase your metabolism to help you burn more calories. Enhance your quality of life. Strength training may enhance your quality of life and improve your ability to do everyday activities. Strength training can also protect your joints from injury.

It will also help to know the basics of weight training, including third key terms:

- A repetition (rep) is one completion of an exercise: one pushup, one squat, one arm curl.
- A set is the selected number of repetitions before you rest. ...
- The rest interval is the time between sets.

Also important to know is how to determine how much weight you should use. Start with body weight exercises and progress to a lighter weight and perform a set. Continue adding weight until the exercise feels challenging but you can do the desired number of reps with good form, which includes moving slowly enough that you're using muscle—and not momentum—to lift the weight.

The last rep should be difficult, but not impossible, and you should be able to keep good form while doing it.

ACSM recommends these exercise guidelines:

- Get at least 150 minutes of moderate aerobic activity a week. (5 X 30 mins)
- For even more health benefits, the guidelines suggest getting 300 minutes a week or more of moderate aerobic activity. Exercising this much may help with weight loss or keeping off lost weight. But even small amounts of physical activity can be helpful. Being active for short periods of time during the day can add up and have health benefits.





Record Your Measurements

This isn't a must, but tracking your progress has many benefits, especially if your goal is to lose weight. In addition to keeping you accountable to yourself and committed to achieving your goals, it makes it more likely you'll reach—and even surpass—them.

Weighing yourself and keeping an exercise journal are two ways to track your progress, but taking your measurements (chest, arms, waist, hips) will give you a little more information. For example, you may be losing inches even if your scale weight doesn't change. In that case, monitoring your measurements every few weeks can reassure you that you are, in fact, making progress.

Please note: Don't be alarmed you may gain weight when beginning your exercise program!

A weight gain of 1 to 3 pounds is considered normal, but it could be more or less. How much weight you gain after starting an exercise program depends on your current body composition, calorie intake, and type of exercise you are doing.

Exercise is a stress on your body, which creates micro tears in your muscles, and the inflammation from those tears will cause you to retain more water.

And, as you begin working out, your body might start to store more glycogen in your muscles to make sure you've got lots of stored carbs (i.e. glycogen) to burn during your next workout, which will also tip the scale a bit higher.

Though the scale might make you feel like you're doing something wrong, that's not the case. Your body just needs time to adjust. As you stay consistent, you will start to see your body-fat levels drop and your weight come down.





How to Take Your Heart Rate

Heart rate monitoring during exercise provides real-time feedback on how hard you are working and if the activity needs to be increased or lowered for a safe, effective workout.

For moderate-intensity physical activity, your target heart rate should be between 64% and 76% of your maximum heart rate. You can estimate your maximum heart rate based on your age. To estimate your maximum agerelated heart rate, subtract your age from 220. For example, for a 50-year-old person, the estimated maximum age-related heart rate would be calculated as 220 – 50 years = 170 beats per minute (bpm). The 64% and 76% levels would be

• 64% level: 170 x 0.64 = 109 bpm, and

• 76% level: 170 x 0.76 = 129 bpm

This shows that moderate-intensity physical activity for a 50-year-old person will require that the heart rate remains between 109 and 129 bpm during physical activity.

I recommend wearing a smart watch in order to track your heart rate, your daily steps, your sleep patterns!

Manually!

You can take your pulse at your neck, wrist, or chest. I recommend the wrist. You can feel the radial pulse on the artery of the wrist in line with the thumb. Place the tips of the index and middle fingers over the artery and press lightly. Do not use the thumb. Take a full 60-second count of the heartbeats, or take for 30 seconds and multiply by 2. Start the count on a beat, which is counted as "zero."





WORKOUTS YOU'LL LOVE!

Don't let excuses hold you back from achieving your dream body! Janis Saffell's Home Workout Plan fits in with your hectic lifestyle, can be performed in the comfort of your own home, and, most importantly, you won't have to step foot in the gym if you don't want to! If you have attempted to exercise at home in the past, but hit a brick wall, then this program is for you.

Expertly designed and easy to follow, this home workout plan comprises upper & lower workouts, cardio workouts, full body workouts and flexibility which tackle the entire physique. Using a combination of multi- joint compound exercises that target several muscle groups at once, alongside muscle specific isolation movements, you will trigger your body's maximum fat burning capacity whilst building strength, stamina and flexibility to sculpt and tone your body to perfection!

As you advance through the program, the workouts will intensify in order to challenge you as you step up your fitness and endurance levels. To complement your strength training, the program also incorporates Low Intensity Steady State cardio (LISS) to ensure maximum fat burning results and to enhance cardiovascular fitness.

Complete strength training exercises for all major muscle groups at least two times a week. One set of each exercise is enough for health and fitness benefits. Use a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

The first and most critical step for results, whether at home, in the garden, or even your local park, is an approved, goal-based program, so grab some dumbbells, throw on something comfortable, and **let's get started!**



>> HOMEWORKOUTPLAN Beginners

The home workout plan will include Low Intensity Steady state Cardio (LISS). LISS is a style of cardiovascular activity that requires you to exercise at 60-70% of your maximum heart rate. Good forms of LISS cardio include:

- WALKING
- **JOGGING**
- **STRENGTH**

In the home workout plan you will be given a certain number of calories to burn in each of your LISS sessions. How you burn them is up to you! You may fit in the LISS session any time of the day.

DEFINITIONS

REP: One repetition

SET: The total repetitions of one exercise make up one set

CARDIO: Cardiovascular

WEIGHTS SUGGESTED

The home workout plan suggests weights for certain exercises. For those using different metric systems, here is the conversion:

1KG: 2.2POUNDS *Starting point

2KG: 4.4POUNDS 3KG: 6.6POUNDS 4KG: 8.8POUNDS **5KG: 11POUNDS 6KG: 13.2POUNDS**

The format of each workout

WEEK 1 - 15 mins each workout WEEK 2 - 30 mins each workout

5 New Workouts each week

Workout 1 - Upper Body Workout 2 - Walk n' Tone **Workout 3 - Lower Body Workout 4 - Cardio HIIT** Workout 5 - Yoga Stretch

DO THE **BEST YOU CAN & NEVER GIVE** UP!

The best time for new beginnings is NOW!





	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1 15 mins	Upper Body	Walk n' Tone LISS- 250 calories	Lower Body	Rest	Cardio HIIT LISS- 250 calories	Yoga Stretch Recovery	Rest

NOTES



10 Day Home Workout Plan Beginners



WEEK 1 WHOLE BODY

Each workout is 15 mins! *Build up your stamina and repeat 2x for a 30 minute workout.

1. Upper Body



2. Walk n' Tone + Core



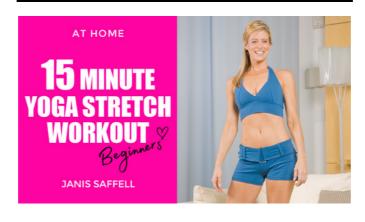
3. Lower Body



4. Cardio HIIT



5. Yoga Stretch & Recovery







	MON	TUE	WED	THU	FRI	SAT	SUN
Week 2 30 mins	Upper Body	Walk n' Tone LISS- 300 calories	Lower Body	Rest	Cardio HIIT LISS- 300 calories	Yoga Stretch Recovery	Rest

NOTES



10 Day Home Workout Plan Beginners



WEEK 2 WHOLE BODY

Each workout is 30 mins! *Build up your stamina and repeat 2x for a 1hr workout. Or add a 15 min workout from week 1 to increase to a 45 min workout.

1. Upper Body



2. Walk n' Tone + Core



3. Lower Body



4. Cardio HIIT



5. Yoga Stretch & Recovery



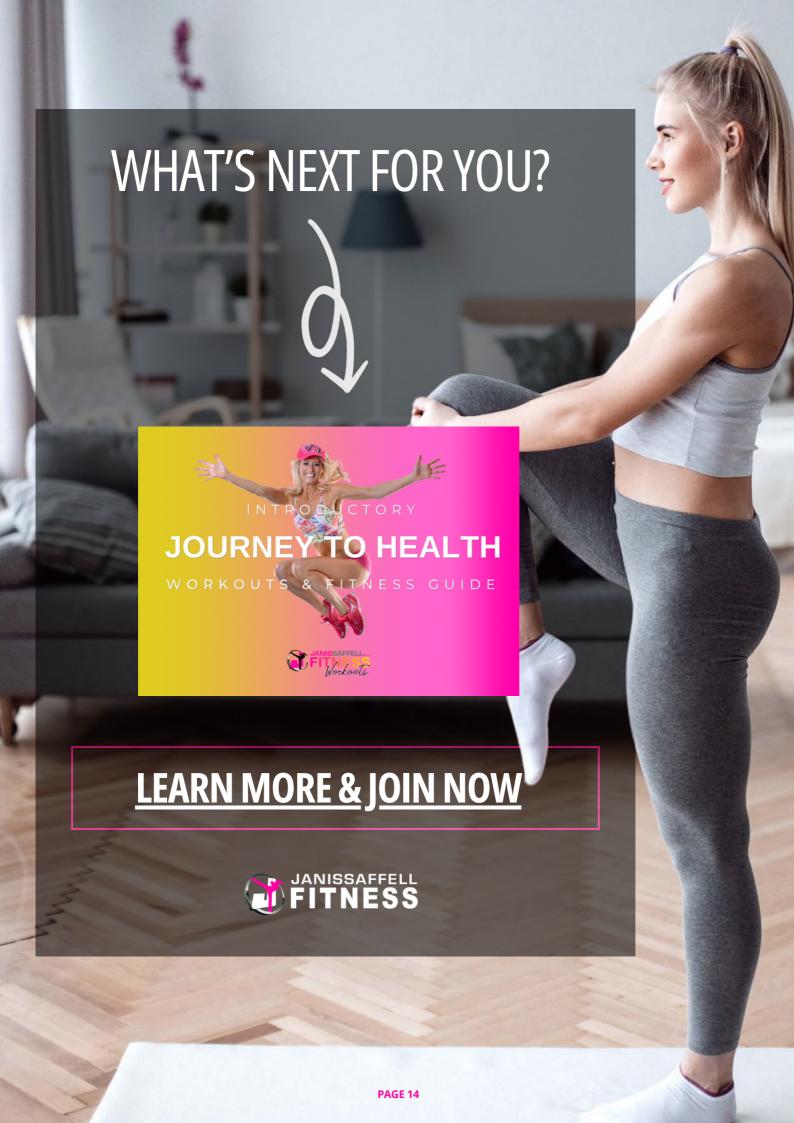


PROGRESS PHOTO REMINDER

I love seeing your progress, so please tag me in your social media photos VIA @JANISSAFFELLFITNESS, #JANISSAFFELLFITNESS

YOU CAN ALSO EMAIL YOUR PROGRESS PHOTOS TO INQUIRY@JANISSAFFELL.COM FOR A FREE COACHING CALL DIRECTLY WITH ME!









THANK YOU FOR PURCHASING AND WORKING OUT WITH ME! 10 DAY HOME WORKOUT PLAN

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Looking to maximize results?



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