



**ULTIM8 U**

*HEALTH & FITNESS*

# HOME WORKOUT

# Disclaimer

Here is your very own copy of Ultim8 U's Home Workout programs.

These exercises and programs are designed on a basic plan and are by no means intended as a complete fitness program.

The ideas, concepts and opinions expressed in this E Book are intended to be used for educational purposes only. This E Book is sold with the understanding that the author and publisher are not rendering medical advice of any kind, nor is this book intended to replace medical advice, nor to diagnose, prescribe or treat any disease, condition, illness, or injury. It is imperative that before beginning any exercise program, including any aspect contained within any of Ultim8 Health & Fitness E Books, you receive full medical clearance from a licensed physician.

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Yes, we had to print that!

## The Ultim8 Health Formula Part 1 (Home Workout)

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Created by Luke Burles and Ultim8 U Health & Fitness

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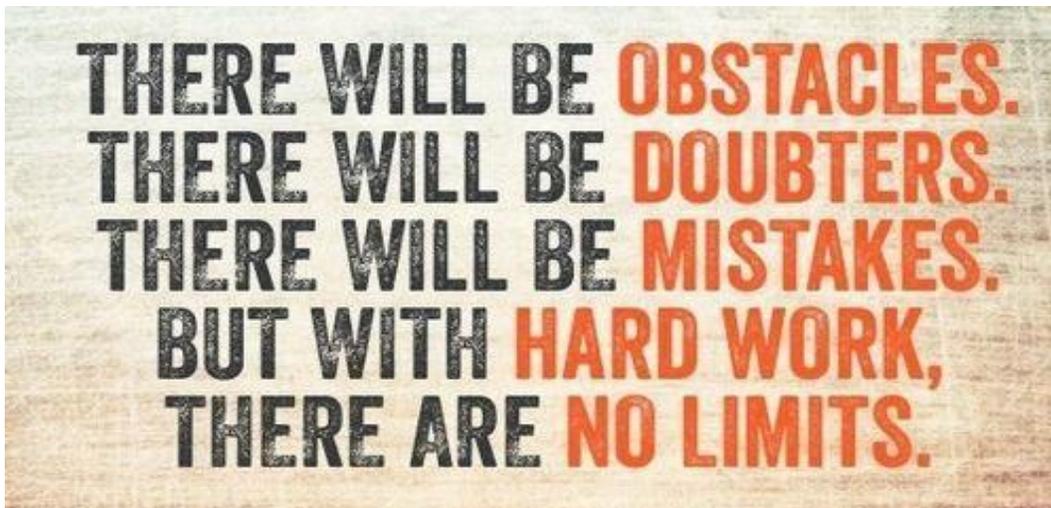
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# INTRODUCTION

Welcome to Part 1 of The Ultim8 Health Formula  
Home Workouts by Ultim8 U

Within this E Book there are many exercises in which you can do ANYWHERE from your home to the office.

We are glad you have decided to take the first step towards a healthier active lifestyle.

Our culture and Core Values are to promote friendship, family, and community that serve as the foundation for us to continue to deliver the “WOW” factor in a global in reach, yet locally designed.

Ultim8 U Health & Fitness’s Culture and Core Values:

Doing business should be fun. And it just makes sense that we treat our customers and clients like family.

It’s like the Golden Rule says; treat others like you want to be treated.

The 10 Core Values that define us:

- 1) Inspire fun and deliver happiness
- 2) Build determination and motivation
- 3) Take pride in ownership
- 4) Be results driven
- 5) Instill confidence
- 6) Be humble
- 7) Embrace and encourage
- 8) Cultivate a positive team and family culture
- 9) Exceed the client’s expectations
- 10) Give Rockstar treatment

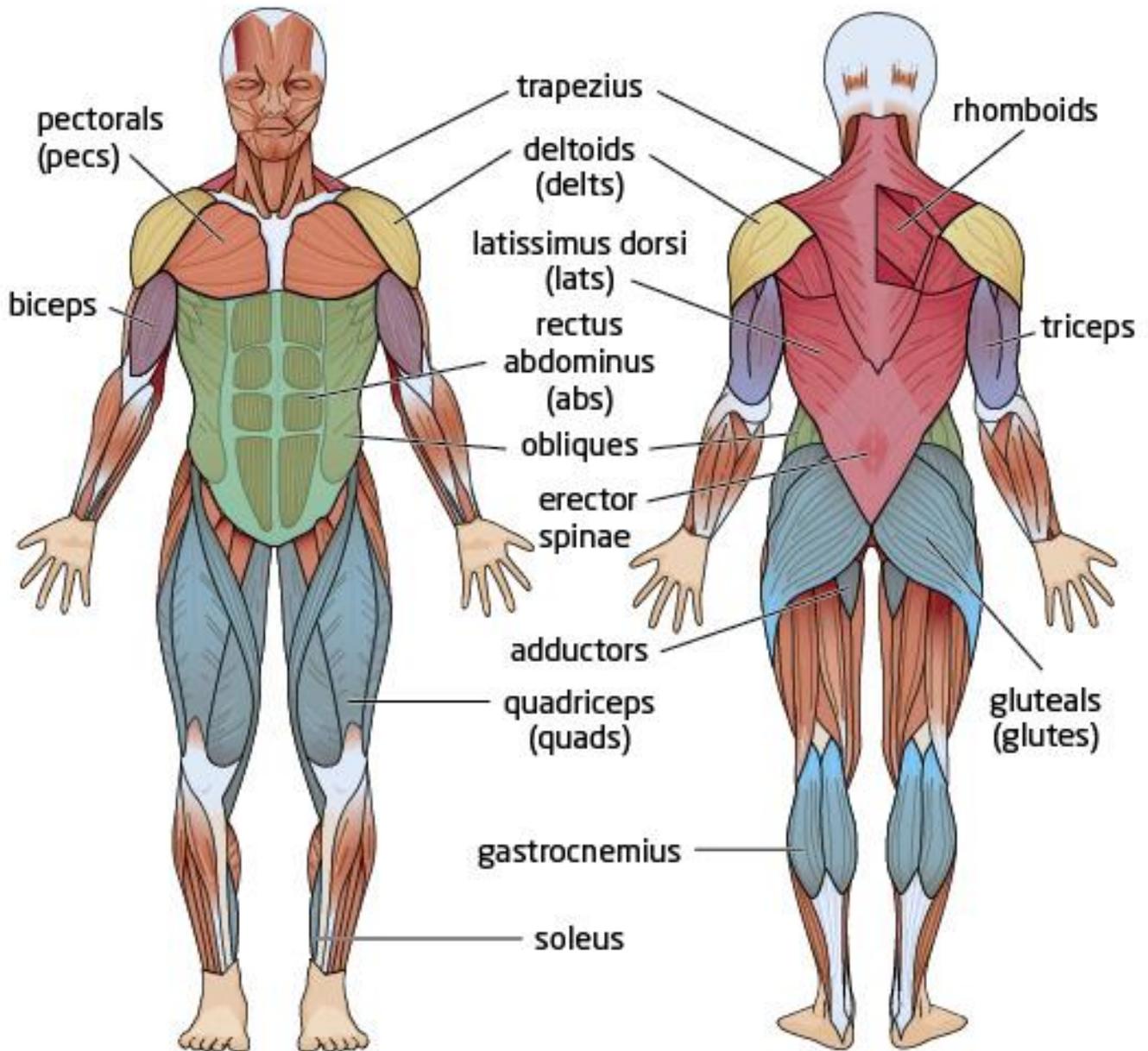
We are your home for health and fitness.

To your success.

Luke & Trish Burles  
Owners of Ultim8 U Health & Fitness.

Imagine  
With all  
Believe  
YOUR mind.  
With all  
Achieve  
YOUR heart.  
With all  
YOUR might.

# Muscle Groups



# Warm Up

Warm ups are one of the most important parts of any workout as it helps to loosen up joints and help the muscles warm up and get ready for movement.

## 1. Arm Circles (Rhomboids, Trapezius, Delts and Pecs, Lats)

### Starting position:

- Place your legs at shoulder-width,
- Keep your arms straight at your sides.

### Exercise (Perform both arms rotation simultaneously):

- 20 times clockwise,
- 20 times counter clockwise,
- 20 times in opposite directions.



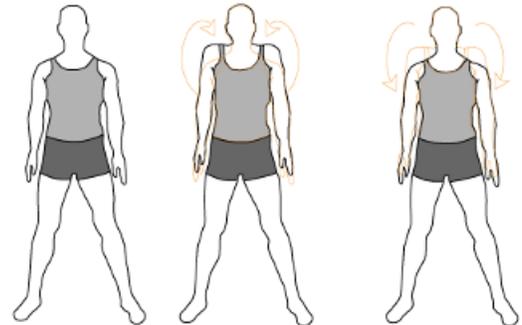
## 2. Shoulder rotation (Rhomboids, Trapezius, Delts and Pecs, Lats)

### Starting position:

- Place your legs at shoulder-width,
- Keep your arms straight at your sides.

### Exercise: 20 Reps

- Perform both shoulders rotation clockwise and counter clockwise.



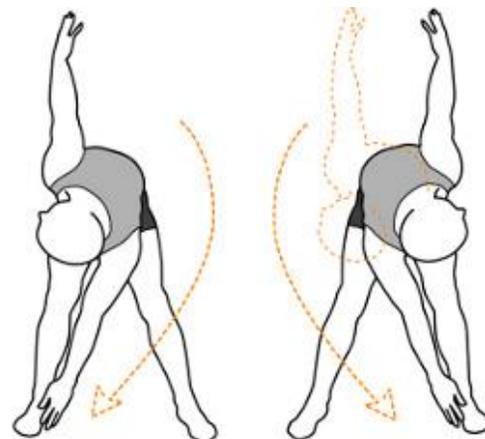
## 3. Torso swings (Abs, Lats, Delts, Oblique's)

### Starting position:

- Stand with your legs straight,
- Place your feet at shoulder-width,
- Bend your torso forward 90 degrees,
- Raise both arms straight to the outside.

### Exercise: 15 REPETITIONS TO EACH SIDE

- Perform movements to the left and to the right.
- Look at the hand you are lifting.



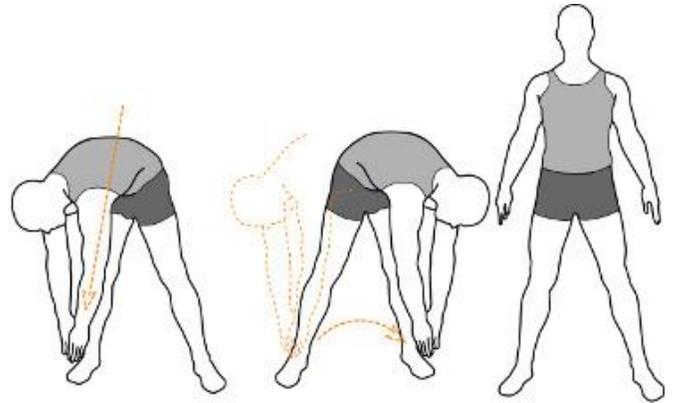
**4. Torso bends** (Abs, Delts, Oblique's, Erector spinae)

**Starting position:**

- Place your feet at shoulder-width,
- Keep your knees straight through out exercise.

**Exercise:** 40 REPETITIONS

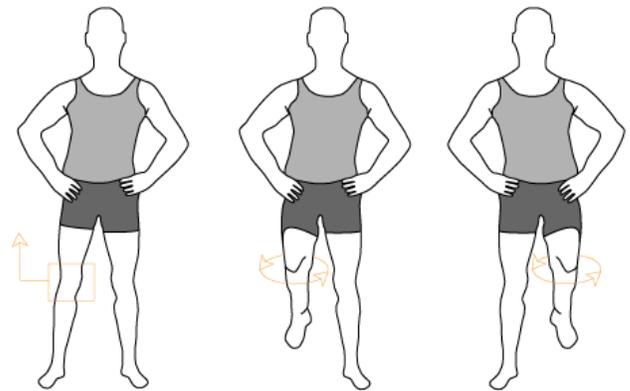
- Count the bends made to the left leg 1, the right leg 2 and straightening the body 3.
- Join your legs and try to touch your forehead to your knees (stay like this for a few seconds).



**5. Knee Circles** (soleus, Achilles heel)

**Starting position:**

- Place your feet slightly apart, and hands on hips.
- **Exercise:** 10 REPETITIONS FOR EACH LEG
- Raise your knee-bent leg.
- Perform knee rotation to the right and to the left.
- Change the leg.



A ONE HOUR  
WORKOUT  
IS 4%  
OF YOUR DAY  
*no excuses*

# ABS/Core

(Abdominals, Obliques, Latissimus Dorsi)

Strengthening your entire **core** is not only crucial for sculpting a flat stomach, but these muscles also provide support for the entire body in everyday movements, reduce back pain, and improve posture.

These exercises can be performed ANYWHERE all you may need is a matt for extra comfort.

## The Crunch

### Starting position

- Lay on your matt with your knees bent and your back flat on the matt.

### Exercise

- With your arms either crossed on your chest you just by your head.
- Slowly raise only your shoulders off the matt, concentrating on scrunching your AB muscles.

**Tip:** Just lift your shoulders off the matt and if you feel a little pain in the lower back STOP and rest.



## Toe Taps

### Starting position

- Lay with knees bent and arms by your side.

### Exercise

- Exhale and lift your shoulders off the floor and reach towards your ankles.
- Hold
- Inhale as you slowly straighten your back and return to the starting position.
- And repeat for both sides.

**Tip:** Look straight a head not at your feet to protect your neck.



## Russian Twist

### Starting position

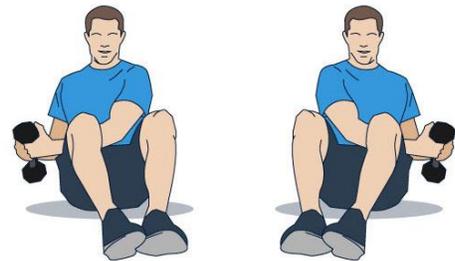
- Sit on the floor with your hips and knees bent 90 degrees.

### Exercise

- Hold a weight (med ball, or 2ltr water bottle) in front of with a natural spine ( your torso should be at 45 degrees to the floor)
- Twist your torso as far as you can to the left then back to the middle.
- Twist your torso as far as you can to the right then back to the middle.
- Repeat.

**Tip:** Try and lift your feet off the matt or rest them on something like a cushion.

## RUSSIAN TWIST



## Plank

### Starting position

- Get down on all fours as you would do for a pushup. Keeping your palms flat and hands directly under your shoulders slightly wider the shoulder-width apart.

### Exercise

- Keeping your body in a straight line from your head to your ankles. Contract your abs to prevent your butt from dipping.

**Tip:** There are numerous types of plank exercises that target various parts of the core.



# CHANCES OF SUCCESS:

0% I WON'T	60% I MIGHT
10% I CAN'T	70% I THINK I CAN
20% I DON'T KNOW HOW	80% I CAN
30% I WISH I COULD	90% I AM
40% I WANT TO	100% I DID
50% I THINK I MIGHT	

# Chest & Shoulders

(Pecs, Abs, Delts, Traps, Rhombioids)

Strong shoulders make most arm movements easier, whether you're throwing a baseball, passing food across the table, or lifting a suitcase that's a little too heavy. Strong pecs encourage you to stand tall. For women, strong pecs add height to the chest wall, lifting otherwise droopy breasts.

## Push Ups

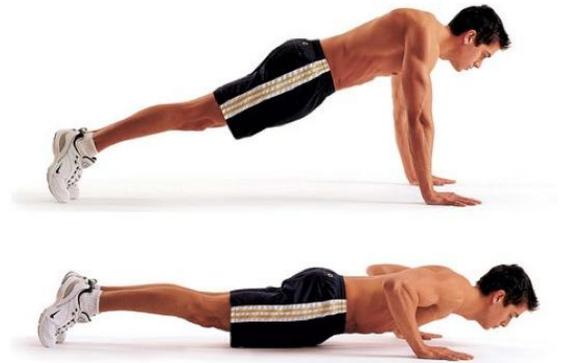
### Starting position

- Place your hands firmly on the ground, directly under shoulders. Ground your toes into the floor to stabilize your lower half. Brace your core (tighten your abs as if preparing to take a punch), engage glutes and hamstrings, and ensure your back is neutral and straight.

### Exercise

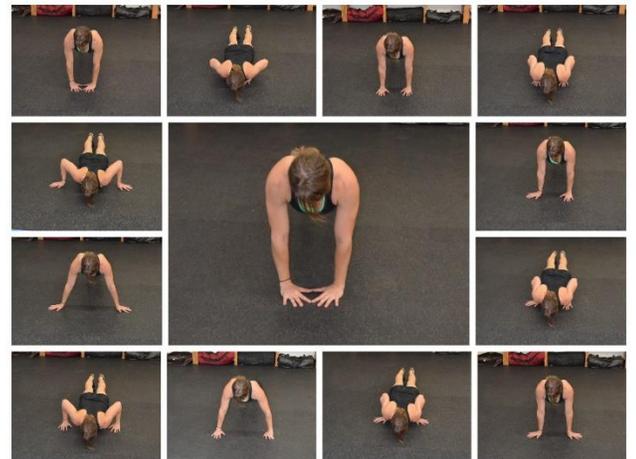
- Keep your elbows close to your body and push your body away from the ground and exhale.
- Once your arms are straight inhale and lower your chest to the ground, and repeat.

**Tip:** To perform a basic push up place your knees down and pivot on them.

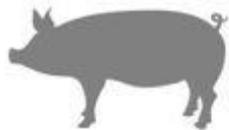


Give these various push ups a try.

The further your arms are apart the more it will hit your upper chest and shoulders, and the closer to the center the lower pecs and triceps.



**SWEAT  
LIKE A**



**TO LOOK  
LIKE A**



## Pike Push Ups

### Starting position

- Assume a pushup position on the floor. Your arms should be straight and your hands should be shoulder-width apart.

### Exercise

- Now lift up your hips so that your body forms an upside down V. Your legs and arms should stay as straight as possible.
- Bend your elbows and lower your upper body until the top of your head nearly touches the floor.
- Pause, and then push yourself back up until your arms are straight.

**Tip:** An easier way is to elevate your feet and perform an inverted push up as it relieves body weight.



## Chair Dips

### Starting position

- Place your hands at shoulder width on the edge of the chair, palms down.

### Exercise

- Bend at the knees and move your lower body forward so it is just in front of the chair
- With your chest up, stomach tight, and shoulders down, lower until your upper arms are parallel to the floor.
- Exhale and push up with your arms to the starting position
- Then inhale and repeat and lower steadily.



**Tip:** These also work the triceps.

Make it a  
lifestyle,  
not a duty.

# Legs & Butt

(Hamstrings, Gluteus Max, Calf muscles)

When training most of us forget our legs especially “gym junkie” BUT they are one of the biggest parts of our bodies and need as much attention as every other part does.

Our legs are what we use to move around and if you have ever been in a wheelchair you will know how much we actually rely on them.

Every body wants a great looking butt (even us guys) so with these simple yet challenging exercises you will be one step closer to the beach/bikini body you are searching for.

## Squats

### Starting position

- Stand with feet shoulder width apart and engage your core.

### Exercise

- Bend your knees and push your butt and your hips out and down behind you as if you were sitting into a chair. Keep your weight on your heels and make sure your knees are over your toes, but not beyond them.
- Come down until your thighs are below parallel to the ground, or as far down as you can get them.
- Straighten your legs and squeeze your butt to come back up, lowering your arms back to your side.

**Tip:** Extend your hands out in front of you to help with balance. There are many many more variations of the squat for example “The Sumo” where the feet are pointed out and legs are far apart.



YOU DON'T GET THE ASS YOU  
WANT BY SITTING ON IT

## Lunges

### Starting position

- Stand with feet shoulder width apart, engage your core keep looking forward.

### Exercise

- Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle.
- Make sure your front knee is directly above your ankle, not pushed out too far, make sure your other knee doesn't touch the floor.
- Keep the weight in your heels as you push back up to the starting position and then swap legs.

**Tip:** Pick a point to stare at in front of you so you don't keep looking down.

There are many ways to perform a Lunge e.g. weighted lunge, box lunge and walking lunge.



## Step Up

### Starting position

- Stand with one foot on top of block/chair/seat, engage your core keep looking forward.

### Exercise

- Push upwards with the same leg bringing the other foot to the top and beside the other foot
- Slowly back bring the foot back down.
- Swap legs and repeat.

**Tip:** Ensure that the object you are using is stable and strong enough to withstand your movement.

There are many different types of the Step Up exercise such as, weighted step up, step up kick, step up jump and step up squat.



## Glute Bridge

### Starting position

- Lay with your back on the mat, hands by your side and knees bent.

### Exercise

- Lift your hips off the floor as high as you can.
- Squeeze the butt muscles at the top and hold for 2 seconds
- Slowly lower the butt to the mat and repeat.

**Tip:** Try placing your legs on top of a fit ball.

There are many different variations of this exercise as well such as, glute bridge leg lift, inverted bridge, weighted bridge and more.



## Wall Sit

### Starting position

- Stand with feet shoulder width apart.

### Exercise

- Walk your feet out about 30cm in front of you, keeping your feet at shoulder width.
- Slide your back down the wall, bending your knees until they are bent at about a 90-degree angle.
- Hold for time
- Straighten your legs and come back to a standing lean against the wall.



**Tip:** Your knees should never extend past your ankles.

This position strengthens your quadriceps on the front of your thigh and your hamstrings on the back of your thigh, which can help prevent damage to your knees.

These muscles are necessary for everyday actions like standing and walking, so it's important to keep them in good shape.

# Did You Know?

5min

10min

15min

20min

25min

30min

35min

40min

In the first 15min of your workout, your body burns **sugar and carbs**

## KEEP PUSHING!!!

After 30min your body enters the **Fat Burning Zone**



# Cool Down

Why is it SO important to cool down properly after each, and every, workout?

Simple to help promote positive flexibility and increased mobility.

A cool down after exercise just means you gradually bring you heart rate back down to normal.

If you stop immediately after exercise, there is an increased risk for passing out or feeling sick.

## Walking

### Starting position

- Stand up.

### Exercise

- Left foot forward then right foot forward.
- It is not a race just a slow pace.

**Tip:** Try and go around your block or just the outside of your house.



## Static Stretches

### Starting

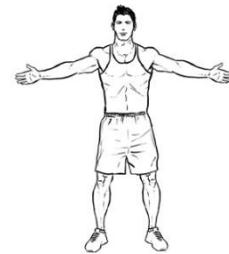
- Start at the neck and follow to the abdominal stretch.
- Hold each stretch for a minimum of 15sec and a max of 30sec



Neck × 2



Shoulders × 2



Chest



Quadriceps × 2



Calves × 2



Back



Back



Hamstrings × 2



Lower Back × 2



Abdominals *Skip if you have back problems*

# Programs

These programs are designed as a guide for weekly exercises and are not intended to be used as a complete fitness plan. For a more comprehensive and personalized program contact your Ultim8 U Health & Fitness Coach.

## Full Body

EXERCISE	SET	REP	TEMPO	INTENSITY
Push ups	2	20	1/0/1	MED
Dips	2	20	2/1/2	MED
Squat	2	20	2/0/2	LOW
Glute Bridge	2	20	1/3/1	LOW
Crunches	2	20	1/0/1	MED
Wall Sit	2	1min	Hold	LOW

## Upper Body

EXERCISE	SET	REP	TEMPO	INTENSITY
Crunches	2	20	1/0/1	MED
Plank	2	1min	Hold	HIGH
Pike Push Up	2	20	1/0/1	HIGH
Russian Twist	2	20	1/0/1	MED
Chair Dip	2	20	1/0/1	MED
Toe Taps	2	20	1/0/1	MED

## Lower body

EXERCISE	SET	REP	TEMPO	INTENSITY
Wall Sit	2	1min	Hold	MED to HIGH
Lunge	2	20	1/0/1	MED
Glute Bridge	2	20	2/5/2	MED
Squat	2	20	1/2/1	MED
Step Up	2	20	2/1/2	HIGH

## Terminology:

**SET** = How many times total repetitions are to be performed.

**REP** = How many times you will repeat a given exercise.

**TEMPO** = How fast or slow to perform the exercise e.g. push up 1/0/1 is 1sec lowering, 0sec, 1sec raise then repeat.

**INTENSITY** = How much effort and % of max heart rate is expected in performing each set:

LOW = Easy can do all day 40 - 45%. MED = A little out of breath 55 - 69%. HIGH = Exhausted at the end of each set 70% or higher.



**THANK YOU**

**For being a part of our team**

**IT COMES DOWN  
TO ONE SIMPLE  
THING:**

**HOW BAD DO YOU  
WANT IT?**