

HOME WORKOUT PROGRAM

Example videos of all the exercises on my Instagram: @bensmithlive

German Volume Training (GVT)

- All exercises performed with a 4-0-1-0 tempo – i.e. Push up: 4 secs down, 0 secs at the bottom, 1 sec back up, 0 secs at the top before lowering back down.
- Paired exercises performed back to back with 30-90 seconds rest between, depending on your desired intensity/ability to weight the exercises – whilst one muscle group works, the other will be resting, this adds to the rest time.
- Rest between pairings intuitive – As long as you need to perform the rest of the workout optimally.
- Add resistance (backpack/bands) or progress to a harder variation of the exercise over time – OR if you don't finish the reps/sets, progress to the full workout.

CHEST AND BACK

10x10 Press ups (weighted)

10x10 Horizontal row (depending on what you have available) – Inc. backpack rows, floor towel pulls, door rows, etc.

3x12 Wide hands feet raised press ups

3x12 Prone cobra behind the head (with a towel/band)

3x12 Close hands hand raised press ups OR Dips (chest adjusted – leaning forward)

3x12 Superman's

LEGS AND ABS

10x10 Squats OR Pistol squats (onto a chair for progression)

10x10 Sit ups (Weighted) OR Crunch (feet up)

3x12 Single stiff legged deadlift (backpack for weighting)

3x12 Windshield wipers OR Russian twists OR Ankle touches

3x12 Split squats OR Hip thrusts

3x12 Leg raises

SHOULDERS AND ARMS

10x10 Pike push ups OR Overhead press (with backpack/bands)

10x10 Tricep dips OR Diamond push ups OR Dips (tricep adjusted - upright)

3x12 Front raises OR Upright row (both backpack/bands)

3x12 Bicep curls (backpack/bands) OR Planche push ups

3x12 Side raises OR Wide upright row (both backpack/bands) OR Side shoulder rotations

3x12 Tricep extension OR One of the remaining tricep ex. from above

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High Intensity Interval Training (HIIT)

- Choose 5 exercises.
- Perform exercises in a circuit, focusing on performing each exercise at max effort.
- 30 seconds on 30 seconds off, next exercise, etc.
- 1 round will take 5 minutes.
- Perform as many rounds as you require/have time for:
3/4 as a general minimum – 15/20 minutes.
- Increase rounds over time OR Cut down the rest/increase work:
35 on 25 off, 40 on 20 off, 45 on 15 off.

Sample Exercises

- Pick one from each for a full body HIIT
- Sample order: HR, FB, UB, ABS, LEGS

HEART RATE UP (HR):

High knees
Skipping
Mountain climbers
Kick throughs

FULL BODY (FB):

Toe touches
Burpees OR Burpee jump lunges
Up and downs
Side crawls

LEGS:

Jumping lunges with ankle tap
Squat jumps
Frog jumps
Skater lunges

UPPER BODY (UB):

Push ups
Half burpee push ups
Shoulder taps
Tricep dips
Superman's

ABS:

Plank OR Plank push ups OR Plank hips thrusts
Sit up/crunch variations
Flutter kicks
Russian twist

Build Your Own Program

With the two forms of training provided, GVT and HIIT, you can mix and match to make a program that lines up with your fitness goals. GVT tend towards muscle strength, endurance and growth, and HIIT is great way to keep fit, get a sweat on and blast through some calories.

Here are a few sample programs to get you thinking:

- GVT: Chest and back, legs and abs, shoulders and arms, rest
- GVT 2.0: Chest and back, rest, legs and abs, shoulders and arms, rest
- GVT + HIIT 1pw: Chest and back, Full body HIIT, rest, legs and abs, shoulders and arms, rest
- GVT replacing legs and abs: Chest and back, Leg and ab dominated HIIT, shoulders and arms, rest
- Straight HIIT: 20-minute blast, 6 days a week (Adding rounds as you improve)

Note: Warm up/down, mobility and stretching not discussed here – still key to add into your training program.

Printable 8-week Template

Attached overleaf is a printable pdf to fill in your progress for an 8-week period. If you feel it helps you to stay accountable: Fill in your chosen program, jot down any notes on sessions such as reps/sets achieved or variation of the exercises you chose, or simply tick off the days you get some kind of session done! I've also added a reward column that you can fill in with a 'cheat' or any other form of reward, to cross off, and enjoy, when you complete each week.

If you have any questions or would like advice on training and nutrition during this difficult period, please don't hesitate to contact me:

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Email: bensmithlive.uk@gmail.com

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GOALS - If you start now, 8-weeks will take you to June!

1)

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2)

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3)

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Week	M	T	W	T	F	S	S	Reward
1								
2								
3								
4								
5								
6								
7								
8								