



FIT IN YOUR FRONT ROOM

What you require:

- 1 Method of tracking timings other than your phone.
- 2 Variety of dumbbell weights suitable for you.
- 3 A kettlebell weight suitable for you.
- 4 A maximum of 2 hours a week to become a fitter, leaner and stronger version of you.





FIT IN YOUR FRONT ROOM

PHASE 1

SESSION 1

WEEKS 1-3

EQUIPMENT: DUMBBELLS

TIME: 30 MINUTES (ROUGHLY)

Welcome to 'Fit in your Front Room' the 12 week programme designed to do just that. When I sat down to write this programme there were 2 common barriers when it comes to home training which I had in mind. The first is the ability to generate the motivation to workout at home which is EXTREMELY hard. The second is the availability of time, especially if you have kids who constantly want your attention. So I hope I have solved those problems and can present to you a programme which allows you to get fit in as little time as possible, ensuring you stay motivated and also have time for the kids (if not then your partner I'm sure). So stand up, warm up and let's get going! This programme will produce the best results when combined with all required daily habits.

Warm Up

Perform each exercise for 15 seconds.

Shoulder Rotations
Body Weight Squats
Jumping Jacks
½ Press Ups
30 seconds rest/Repeat x2



Main Session

Resistance Circuit 1 (Equipment: Dumbbells)

Perform each exercise for 30 seconds.

Squat to shoulder Press →



Lateral Raise →




Wide stance squats →





1 minute rest/Repeat x3

Resistance Circuit 2 (Equipment: Dumbbells)

Perform each exercise for 30 seconds.

Dumbbell boxing → 
SCAN ME


Dumbbell front raise → 
SCAN ME

Dumbbell deadlift → 
SCAN ME

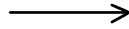
1 minute rest/Repeat x3.

Cardio Circuit

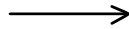
Perform each exercise for 20 seconds.

Body Weight squats → 
SCAN ME

Jump squats



Mountain climbers



Press Ups



1 minute rest/ Repeat x3.

Cool down

Check the tutorial section of the MEA programme for a video demonstration.

Full body stretch



FIT IN YOUR FRONT ROOM

PHASE 1

SESSION 2

WEEKS 1-3

EQUIPMENT: DUMBBELLS

TIME: 30 MINUTES (ROUGHLY)

Remember before motivation comes discipline, if you are disciplined enough to complete a task consistently you develop intrinsic motivation. This means you are able to harness the power of motivation and enjoy the results that come with it. But before you are rewarded with such power you need to earn it, so get off the sofa and practice the art of being disciplined!

Warm Up

Perform each exercise for 15 seconds.

Shoulder Rotations
Body Weight Squats
Jumping Jacks
½ Press Ups
30 seconds rest/Repeat x2

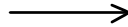


Main Session

Resistance Circuit 1 (Equipment:Dumbbells)

Perform each exercise for 30 seconds.

Shoulder Press



Lateral raise to negative
front raise



Dumbbell Squats



Rest for 1 minute/Repeat x3

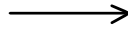
Resistance Circuit 2 (Equipment:Dumbbells)

Perform each exercise for 30 seconds.

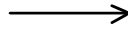
Weighted hip hinge



Hip Thrust



Tricep Dip

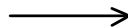


Rest for 1 minute/Repeat x3

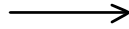
Abdominal Circuit

Perform each exercise for 20 seconds.

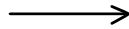
Reverse Curls



Hip Raises



Glute bridge hold



Full body crunch



Rest for 1 minute/Repeat x3.

Cool down

Check the tutorial section of the MEA programme for a video demonstration.

Full body stretch



FIT IN YOUR FRONT ROOM

PHASE 1

SESSION 3

WEEKS 1-3

EQUIPMENT: DUMBBELLS

TIME: 30 MINUTES (ROUGHLY)

You are a walking representation of your daily habits, never understand the importance of the simple things in life. As I mentioned before to gain the best results from this programme you will need to manage all the other influencing variables. For more information regarding these please head over to your support journals and get hold of my Progress Tracker. I promise you this book will guide you to a healthier, happy and more confident version of you!

Warm Up

Perform each exercise for 15 seconds.

Shoulder Rotations
Body Weight Squats
Jumping Jacks
½ Press Ups
30 seconds rest/Repeat x2



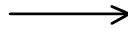
Cardio Circuit 1

Perform each exercise for 30 seconds.

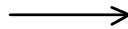
Jump Squats



High knees



Seal jumps



Rest for 1 minute/Repeat x3

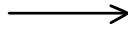
Cardio Circuit 2

Perform each exercise for 30 seconds.

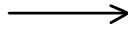
Plyometric Squats



Mountain climbers



Press Ups



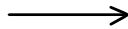
Rest for 1 minute/Repeat x3.

Abdominal Circuit

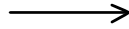
Abdominal Crunch



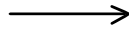
Snap Crunch



Bicycle Kicks



Reverse Curls



Rest for 1 minute/Repeat x3

Cool down

Check the tutorial section of the MEA programme for a video demonstration.

Full body stretch



FIT IN YOUR FRONT ROOM

PHASE 2

SESSION 1

WEEKS 4-6

EQUIPMENT: DUMBBELLS

TIME: 30 MINUTES (ROUGHLY)

Well done for completing phase 1 of this programme! Hopefully by now you are settled into your daily habits along with the regularity of your home workouts. Right now however I feel it is time to increase the intensity a little, so if it feels harder it's because it is meant to, don't worry you not becoming less fit! Each new phase of this programme comes with an increase in volume and intensity, it is this progressive overload which will keep your body developing through the full 12 weeks. So that's enough reading let's go!

Warm Up

Perform each exercise for 20 seconds.

Body weight squats

Jump squats

High knees

Press Ups

Rest for 30 seconds repeat x2

Resistance Circuit 1

Perform each exercise for 30 seconds

Round 1	Round 2	Round 3
Dumbbell Boxing Squat to shoulder press Bicep Curls	Dumbbell Boxing Squat to shoulder press Bicep Curls Sissy squats	Dumbbell Boxing Squat to shoulder press Bicep Curls Sissy squats Press Ups
Rest for 1 minute	Rest for 1 minute	Rest for 1 minute

Resistance Circuit 2

Perform each exercise for 30 seconds

Round 1	Round 2	Round 3
Squats Lunges Calf Raise	Squats Lunges Calf Raise Jump squats	Squats Lunges Calf Raise Jump squats Squat hold
Rest for 1 minute	Rest for 1 minute	Rest for 1 minute

Abdominal Circuit

Perform each exercise for 30 seconds

Round 1	Round 2	Round 3
Snap Crunch Full body Crunch Toe touches	Snap Crunch Full body Crunch Toe touches V-Sit hold	Snap Crunch Full body Crunch Toe touches V-Sit hold Dumbbell Crunch
Rest for 1 minute	Rest for 1 minute	Rest for 1 minute

Cool down

Full body stretch





FIT IN YOUR FRONT ROOM

PHASE 2

SESSION 2

WEEKS 4-6

EQUIPMENT: DUMBBELLS

TIME: 30 MINUTES (ROUGHLY)

You are a walking representation of your daily habits! I know I have said this to you before, I just wanted to throw in a quick reminder. How you liking the new intensity? it is gradual I hope. If you feel as though it is a little too hard for now then just drop the timing for each exercise down to 20 seconds and build up to 30 over the next 3 weeks.

Warm Up

Perform each exercise for 20 seconds.

Body weight squats

Jump squats

High knees

Press Ups

Rest for 30 seconds repeat x2

Main Session

Sprints

Perform each exercise as fast as you can for the set time. You will then have 10 seconds rest in-between each set.

Exercise	Sets	Time	Rest
High knee sprints	3	20 seconds	10 seconds

Rest for 1 minute

Exercise	Sets	Time	Rest
Seal Jumps	3	20 seconds	10 seconds

Rest for 1 minute

Exercise	Sets	Time	Rest
Squat Jumps	3	20 seconds	10 seconds

HV (High Volume) sets

Exercise	Sets	Time	Rest
Press Ups	3	20 seconds	10 seconds

Rest for 1 minute

Exercise	Sets	Time	Rest
Sumo Squats	3	20 seconds	10 seconds

Rest for 1 minute

Exercise	Sets	Time	Rest
Squat to Shoulder Press	3	20 seconds	10 seconds

Sprints

Perform each exercise as fast as you can for the set time. You will then have 10 seconds rest in-between each set.

Exercise	Sets	Time	Rest
Plyometric Squats	3	20 seconds	10 seconds

Rest for 1 minute

Exercise	Sets	Time	Rest
Ski Jumps	3	20 seconds	10 seconds

Rest for 1 minute

Exercise	Sets	Time	Rest
Mountain Climbers	3	20 seconds	10 seconds

Cool down

Full body stretch



FIT IN YOUR FRONT ROOM

PHASE 2

SESSION 3

WEEKS 4-6

EQUIPMENT: DUMBBELLS

TIME: 30 MINUTES (ROUGHLY)

Don't stop when you're tired, stop when you're done! Wesley Snipes You are now coming up to the half way mark within this programme and I hope you are starting to feel fitter, leaner and more energetic. This does not mean things become easier, in fact they become harder. But remember the famous quote from 'Blade' himself. Right now is your time, it's your 30 minutes to go to bed a stronger and fitter version than when you woke up this morning.

Warm Up

Perform each exercise for 20 seconds.

Body weight squats

Jump squats

High knees

Press Ups

Rest for 30 seconds repeat x2

Main Session

The Accumulator

Perform each exercise for 30 seconds, rest for 30 seconds after each round.

Round 1.

Body weight squats

Round 2

Body weight squats

Squat Jumps

Round 3

Body weight squats

Squat Jumps

High knees

Round 4

Body weight squats

Squat Jumps

High knees

Touch the floor/Touch the ceiling

Round 5

Body weight squats

Squat Jumps

High knees

Touch the floor/Touch the ceiling

Press Ups

Round 6

Body weight squats
Squat Jumps
High knees
Touch the floor/Touch the ceiling
Press Ups
High Plank Hold

Rest for 2 minutes.

Core Circuit

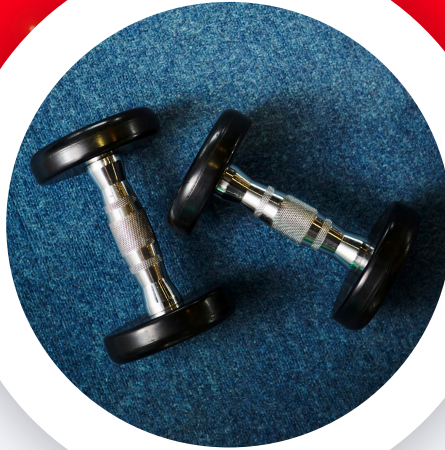
Perform each exercise for 30 seconds.

Horizontal Core Hold
Reverse Curls
Toe Touch Crunch
Snap Crunch
Rest for 1 minute/Repeat x3.

Cool down

Full body stretch





FIT IN YOUR FRONT ROOM

PHASE 3

SESSION 1

WEEKS 7-9

EQUIPMENT: DUMBBELLS

TIME: 40 MINUTES (ROUGHLY)

When was the last time you committed to something consistently for 7 weeks? This deserves a reward a mid-programme reward. If you have been dieting hard for the last 7 weeks then I would like you to have a day off. A total day off from calorie counting, so book a nice restaurant, meet up with friends and go mad you deserve it. This does however only refer to the first time you complete this workout. A treat is just that a treat, so enjoy your day off from dieting, smash out this 30 minute workout and then spend the rest of the day like the legend you are. (This day off is only for the first time you complete this workout, it's your 'I'm halfway reward').

Dumbbell Warm Up

Perform each exercise for 15 seconds

Shoulder Press

Lateral Raise

Round the World

Squats

Rest for 30 seconds/Repeat x2

Main Session

Upper Body Dumbbell Circuit

Perform each exercise for 30 seconds

Bicep Curl

Tricep Dips

Shoulder Press

Bent Over Row

Press Ups

Upright Row

Rest for 1 minute/Repeat x4

Lower Body Dumbbell Circuit

Perform each exercise for 30 seconds

Squats

RDL (Romanian Deadlift)

Sumo Squats

Calf Raise

Jump Squats

Glute Bridge

Rest for 1 minute/Repeat x4

Abdominal Circuit

Perform each exercise for 30 seconds.

Left side Oblique Crunch

Right side Oblique Crunch

Left side, Side Plank

Right side, Side Plank

Rest for 1 minute/ Repeat x4

Cool down

Full body stretch



FIT IN YOUR FRONT ROOM

PHASE 3

SESSION 2

WEEKS 7-9

EQUIPMENT: DUMBBELLS

TIME: 40 MINUTES (ROUGHLY)

Push yourself because no one is going to do it for you!

This statement is so true, the only way you will be able to make positive change in your life is by directing your energy everyday towards doing what is required to create the result. You need to make yourself 100% accountable for the success or failure. So let's get up and get active because no one will do it for you!

Dumbbell Warm Up

Perform each exercise for 15 seconds

Shoulder Press

Lateral Raise

Round the World

Squats

Rest for 30 seconds/Repeat x2

Main Session

Sprints

Perform each exercise as fast as you can for the set time. You will then have 10 seconds rest in-between each set.

Exercise	Sets	Time	Rest
Running on the spot	3	30 seconds	10 seconds

Rest for 1 minute

Exercise	Sets	Time	Rest
Squat Jumps	3	30 seconds	10 seconds

Rest for 1 minute

Exercise	Sets	Time	Rest
Jump Twists	3	30 seconds	10 seconds

HV (High Volume) sets

Exercise	Sets	Time	Rest
Bicep Curl	3	30 seconds	10 seconds

Rest for 1 minute

Exercise	Sets	Time	Rest
Tricep Dips	3	30 seconds	10 seconds

Rest for 1 minute

Exercise	Sets	Time	Rest
Hip Thrust	3	30 seconds	10 seconds



Abdominal Accumulator

Perform each exercise for 30 seconds, rest for 30 seconds after each round.

Round 1

Reverse Curls
Hip Raises

Round 2

Reverse Curls
Hip Raises
Bicycle Kicks

Round 3

Reverse Curls
Hip Raises
Bicycle Kicks
Snap Crunch

Round 4

Reverse Curls
Hip Raises
Bicycle Kicks
Snap Crunch
Full body crunch

Cool down

Full body stretch



FIT IN YOUR FRONT ROOM

PHASE 3

SESSION 3

WEEKS 7-9

EQUIPMENT: DUMBBELLS AND KETTLEBELL

TIME: 40 MINUTES (ROUGHLY)

Protecting your energy! One of the key requirements to thinking and feeling more positive is to protect your energy every day and only invest it into daily requirements which you know will produce a positive outcome. 'Where your energy flows, your mindset goes' James Robertson. If you focus on negative elements of your life guess where your mindset goes. Protect your daily energy and use it wisely.

Dumbbell Warm Up

Perform each exercise for 15 seconds
Shoulder Press
Lateral Raise
Round the World
Squats
Rest for 30 seconds/Repeat x2

Main Session

Kettlebell Circuit

Perform each exercise for 30 seconds.

Kettlebell Squat
Squat to front raise
Kettlebell Clean and Press
Kettlebell Deadlift
Rest for 1 minute/Repeat x4

AMRAP

Perform as many reps as possible in the given time frame. Record the reps completed in the white boxes for each set.

Exercise	Sets	Time	Rest
Press Ups	3	30 seconds	10 seconds

Rest for 1 minute

Record your reps	Sets 1	Sets 2	Sets 3
Week 1			
Week 2			
Week 3			

Exercise	Sets	Time	Rest
Squat Jumps	3	30 seconds	10 seconds

Record your reps	Sets 1	Sets 2	Sets 3
Week 1			
Week 2			
Week 3			

Exercise	Sets	Time	Rest
Squat to Shoulder Press	3	30 seconds	10 seconds

Record your reps	Sets 1	Sets 2	Sets 3
Week 1			
Week 2			
Week 3			

Core Circuit

Perform each exercise for 30 seconds

Dorsal Raise

Low Plank Hold

High Plank Hold

Hip thrust.

1 minute rest/Repeat x3.

Cool down

Full body stretch