

PLUG & PLAY

AT-HOME WORKOUTS

About Me

Hey! I'm Esther!.

I'm a personal trainer, nutrition coach, and life coach all rolled into one. I specialize in helping amazing women lose weight **for good** while still loving their lives. No restrictive diets or gym beatdowns required.



I've been working in this industry since 2006 and am on a mission to help as many women as possible be healthy, happy, and confident so they can reach their full potential and live the lives of their dreams.

This guide will make creating your own at-home workouts effortless and *fun*! **Work with what you have, do what you can, and remember something is always better than nothing.**

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About This Guide

This plug-and-play workout template is intended to help you make working out at home as simple as possible.

The exercises listed in the following pages are intended to be used as a *guide*, not the end-all-be-all. Most, but not all, require no equipment.

If you have resistance bands, mini-bands, dumbbells, a kettlebell, whatever other equipment, you can do variations of the listed exercises with those, as well.

For example, a Squat can be with bodyweight, 1 KB/DB at your chest, 2 DB on your shoulders, mini-band around your knees, etc.

For several hundred additional exercise demos, visit my [YouTube channel](#).

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About the Exercises

There are only a handful of movement patterns (ways to move your body), which means that all exercises can be categorized in one of a few ways.

These movements patterns include:

Upper Body: Push & Pull

Lower Body: Squat, Lunge, Hip Hinge

Core: Rotation & Anti-Rotation

To keep things simple, I'm categorizing into Upper, Lower, Core, and Cardio.

Each exercise is linked to a demo video on my [YouTube channel](#). I would recommend "right clicking" to open the videos in a separate tab.

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Exercise Library - Lower Body

Squat

with Pulse

with Calf Raise

Hold

Sumo

Prisoner

Wall Sit

Single-leg

Lunge

Reverse

Alternating

Walking

Lateral

Curtsy

Bulgarian Split Squat

Single-leg Knee Tap

Glute Bridge

Feet Elevated - Narrow

Feet Elevated - Wide

Single-Leg

March

Step-Up

with High Knee

with Glute Kickback

Lateral

with Abduction

Hip Thrust

Single-Leg

Frog Pump

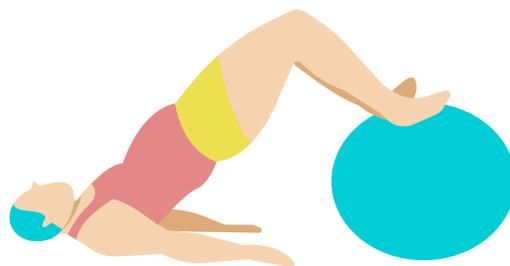
Feet Elevated

Donkey Kick

Fire Hydrant

Single-Arm Reach

Clam Shell



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Exercise Library - Upper Body

Push-Up

T-Rotation

Breakdancer

Blastoff

Walk-out

Triangle

Inchworm

Uneven Traveling

Wall

Incline

Dive Bomber

Pike

Spiderman

Up/Downs

Shoulder Taps

In/Outs

Bench Dips

With minimal equipment (heavy object from home, weight, band)

Biceps Curls

Mini-band

Resistance Band

DBs

Triceps

Mini-band Extension

Resistance Band Pulldown

Shoulder Press

DBs

Mini-band

Resistance Band

Shoulder Raise

Resistance Band Lateral

Resistance Band Forward

Resistance Band Transition

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Exercise Library - Upper Body

With minimal equipment (heavy object from home, weight, band)

Back

1-arm Row

Resistance Band

Anchored Resistance Band

DB

2-arm Row

Seated Resistance Band

Anchored Resistance Band

Wide

Bent Over DB

Upright Row

Resistance Band

1-DB

2-DB

Superman

Mini-Band Scap Pull

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Exercise Library - Core

Plank

High-Plank

Knee to Elbow

Butt Kicks

Limb Lifts

Body Saws

Traveling Knee

In Outs

Side

Thread the Needle

with Hip Drop

Bench Supported

Lemon Squeeze

Hand-Supported

Hollow Rock

Hold

Russian Twist

Bird Dog

Superman

V-Up

Leg Raise

with Hip Lift

Head Elevated

Bent Knee

Flutter Kicks

Over/Unders

Scissor Kicks

Sit-Up/Crunch

Half

1-leg Knee Tuck

Jack Knife

Opp Arm/Leg

Roll-up

Reaching

with Punches

AbMat

Cherry Picker

to Opp Foot

Oblique

Reverse

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Exercise Library

Cardio

Burpee

Variations

1-arm

1-leg

Mt. Climbers

with Dish Rags

Jump Squats

Jump Lunges

Plank Jacks

Jumping Jacks

Speed Skaters

Bear Crawl

Lateral

Backward

NOTES:

Depending on how you set up your workout, just about any exercise listed so far can help elevate your heart rate and be part of a cardiovascular workout.

You don't *need* to include exercises like these.

You can also use equipment like a bike/treadmill, if you have one, or incorporate outdoor running/skipping/ladder drills, etc.

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Structuring Your Workout

Mastering the foundational movement patterns is *crucial* for your results and long-term health. While they might not be flashy or IG influencer-worthy, they *work*.

Getting creative with the *format* can help you stay engaged because you're not doing the same workout day-after-day.

NOTE: Progressive overload, gradually increasing the demands you put on your body, still applies, even to bodyweight exercises.

That means you'll want to keep some sort of record of sets, reps, difficulty, etc so that you can challenge yourself over time & continue to see progress.

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Structuring Your Workout

There are a handful of variables you can use to change the format of a workout:

- Number of reps (how many times you do a certain thing, i.e. 10 push-ups)
- Number of sets (how many times you perform reps, i.e. 3 SETS of 10 push-ups)
- Length of work interval
- Length of rest interval
- Type/amount of external resistance (if applicable. For example, using a thicker band or adding a DB)

There are an infinite number of ways to combine the variables above to make a new-feeling workout out of the fundamental exercises.

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Structuring Your Workout

Here are some examples:

- **Timed Intervals** - You decide for how long you are going to do the exercise, how long you are going to rest afterward, and how many times you will repeat.
Common intervals are:
 - 20 seconds of work, 10 seconds of rest, 8 rounds (commonly called a Tabata interval)
 - 30 seconds of work, 30 seconds of rest, 5 rounds
 - 40 seconds of work, 20 seconds of rest, 4 rounds
 - 1 minute of work, 1 minute of rest, 3 rounds
- **For Time** - You'll pick a certain number of reps (commonly 5, 8, 10, 12, 15) and a certain number of sets (commonly 2-5) and use those for each exercise. You can either do all your sets of one exercise before moving on to the next (called a **chipper**) or do one set of each exercise before repeating from the top (called a **circuit**).

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Structuring Your Workout

- **As Many Rounds As Possible (AMRAP)** - Decide how long you want to be moving. Decide how many reps you want to do of each exercise. Move through the exercises as quickly as you are able (with good form) until you run out of time.

Example: Set timer for 20 minutes, do as many rounds as possible of 5-push ups, 10 squats, 15 sit-ups.

- **Every Minute on the Minute (EMOM)** - Decide on a set number of reps of each exercise. These should be relatively low reps that you'll be able to complete in ~30 seconds (this takes some trial and error). At the beginning of each minute, complete the reps as quickly as possible and take the remainder of the minute as rest. At the top of the next minute, either repeat with the same exercise or cycle through to another move.

Example: Min 1: 7 Burpees, Min 2: 20 Mt. Climbers, repeat for 20 minutes.

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Structuring Your Workout

- **Descending Ladders** - You'll follow a rep scheme where you start with the largest number of reps and each set you'll do fewer reps.

Example:

10 Plank Jacks/10 Jump Squats

9 Plank Jacks/9 Jump Squats

8 Plank Jacks/8 Jump Squats

All the way down to 1 of each.

- **Ascending Ladders** - The opposite of above: start with the fewest reps, increase with each round.

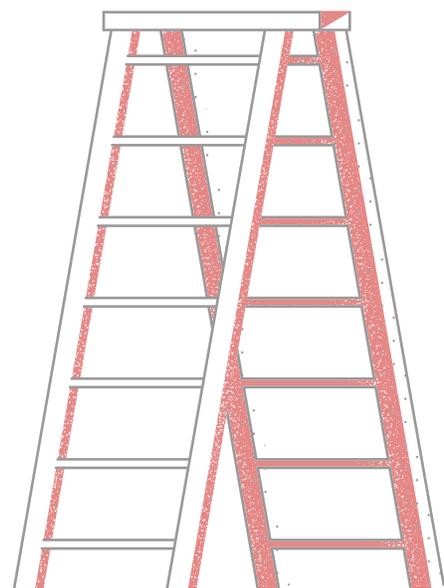
Example:

2 Up-Downs/2 Lunges

4 Up-Downs/4 Lunges

6 Up-Downs/6 Lunges

All the up to 20 of each.



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Steal These Workouts

Creative juices not flowing just yet?
Start with these.

(Note: Depending on how much time you have available, you could combine 2-3 options or add exercises for a longer workout.)

Timed Intervals

30 sec work/30 sec rest
for 20 minutes:

Alternating Step-Ups

Hip Thrusts

Bench Dips

Plank

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Steal These Workouts

Creative juices not flowing just yet?

Start with these:

Circuit For Time

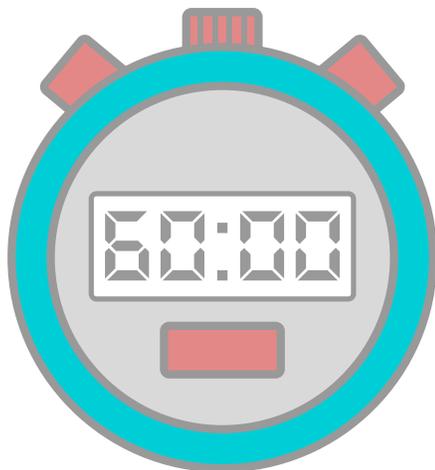
3 sets of 10 reps of:

Push-ups

Squats

Sit-Ups

GOOD
TIMES



Chipper For Time

100 Jumping Jacks

80 Mt. Climbers

60 Glute Bridges

40 Squats

20 Push-Ups

10 Shoulder Taps

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Steal These Workouts

Creative juices not flowing just yet?

Start with these:



15 minute AMRAP

20 Lunges

15 Lemon Squeezes

10 Up/Downs

5 Burpees

10 minute EMOM

3 Burpees

20 Mt. Climbers

Rest the remainder of
the minute.



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Steal These Workouts

Creative juices not flowing just yet?

Start with these:

10-9-8-7-6-5-4-3-2-1 reps of:

Bulgarian Split Squats

Shoulder Press

V-Ups



5-10-15-20 reps of:

Walking Lunges

2-arm Rows

Body Saws



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Exercise Selection

There are plenty of options for exercise selection, too.

For short, total body workouts, pick 1 exercise from each category.

Example: All workouts above.

For more aerobic workouts, use a run or bike ride as a cash in/out.

Example: Add a 1/2 mile run before & after the Chipper.

For longer total body workouts, pick 2-3 exercises from each category.

For body part specific workouts, pick 3-6 from the relevant categories.

Example: 3 sets of 12: Squats, Lunges, Hip Thrusts, and Step-Ups for a lower body workout.

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Create-Your-Own Templates

Timed Intervals

of Rounds:

Length of work interval:

Length of rest interval:

Type of workout (total body, lower, upper, core, body part specific):

Exercises (as few as 1, but as many as you want)

1

2

3

4

5

6

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For Time - Circuit

of Rounds:

of Reps per exercise:

Length of rest interval between rounds (optional):

Type of workout (total body, lower, upper, core, body part specific):

Exercises (as few as 1, but as many as you want)

1

2

3

4

5

6

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For Time - Chipper

Type of workout (total body, lower, upper, core, body part specific):

Exercises (as few as 1, but as many as you want)

1

2

3

4

5

6

7

8

of Reps per Exercise (may be different for each):

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AMRAP

Length of AMRAP (time):

Type of workout (total body, lower, upper, core, body part specific):

Exercises (as few as 1, but as many as you want)

1

2

3

4

5

6

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EMOM

Length of EMOM (time):

Exercises (as few as 1, but as many as you want):

1

2

3

4

of Reps per Exercise:

NOTE: The easiest way to get started & eliminate overwhelm is to plug-and-play using the exercise library and these templates. But if you want to get creative, there are thousands of ways to combine variables for unique, challenging, and fun workouts.

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Create-Your-Own Templates

DESCENDING LADDER

Rep Scheme (can be creative, common are 10-1, multiples of 5, 21-15-9):

Type of workout (total body, lower, upper, core, body part specific):

Exercises (as few as 2, but as many as you want)

1

2

3

4

5

6

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ASCENDING LADDER

Rep Scheme (can be creative, common are 1-10, counting by 2s, multiples of 5)

Type of workout (total body, lower, upper, core, body part specific):

Exercises (as few as 2, but as many as you want)

- 1
- 2
- 3
- 4
- 5
- 6

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Suggestions/Reminders

Don't forget a good dynamic warm-up.

Master the basics before you start looking for more challenging variations. For example, if you aren't yet able to do push-ups on your toes on the ground, start with incline push-ups to build strength; don't jump right to the Spiderman variation because it looks cool.

Don't do too much, too fast. Instead of running yourself into the ground on days 1-3 and then being too sore to get off the couch days 4-7, start small, ease yourself in, and progress over time.

Remember the purpose. Most of us exercise to look and feel good, manage stress, and be healthy overall. In that case, there's no need to sweat the details. Be active more days than you're not, do what feels good, challenge yourself, and have fun! Doing *something* is always better than nothing.

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I am here to support you!

You can reach me via:



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www.facebook.com/avantesther



www.instagram.com/esther.avant

I'd like to invite you to join my FB group community, [Live Diet-Free](#) where I share daily exercise, nutrition, weight loss, mindset, and lifestyle tips, as well as trainings, challenges, coaching, and support.

If you'd like more information about working together, you can [book a free consult call](#) or learn more about my coaching program, [Gone For Good](#).

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