



# Complete Beginner's Home Workout Guide

Build Strength • Transform Your Body • Achieve Your Goals

**Your Expert Trainer: Ibraheem Oguntade**

Master's in Kinesiology | ACSM Certified | AMA Healthy Living Practitioner

 [omniheem.com](http://omniheem.com)

# About Your Trainer: Ibraheem Oguntade

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*"Your transformation is my mission. Let's build your best self together!"*

I'm Ibraheem Oguntade, and I'm here to help you build a stronger, healthier version of yourself from the comfort of your home. With my Master's and Bachelor's degrees in Kinesiology, plus certifications from ACSM (American College of Sports Medicine) and as an AMA-backed Healthy Living Practitioner, I bring science-based expertise to your fitness journey.

I specialize in helping busy professionals like you integrate effective workouts into demanding schedules. Whether your goal is weight loss, muscle building, or simply living healthier, this guide provides everything you need to succeed with minimal equipment and maximum results.



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## Coach Ibraheem Says:

*"The best workout is the one you'll actually do. Start where you are, use what you have, do what you can."*

# Equipment You'll Need

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## Essential Equipment

- **Dumbbells:** 5-25 lbs (start light, progress gradually)
- **One Kettlebell:** 15-20 lbs for women, 25-35 lbs for men
- **Exercise Mat:** For floor exercises and comfort

## Optional but Helpful

- Resistance bands (for warm-ups and extra resistance)
- Water bottle (stay hydrated!)
- Towel (you'll work up a sweat)

# Safety First

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## Before You Start

- **Warm up for 5-10 minutes** before every workout
- **Start with lighter weights** and focus on proper form
- **Stop immediately** if you feel sharp pain
- **Progress gradually** - increase weight/reps by no more than 10% per week
- **Listen to your body** - take rest days when needed

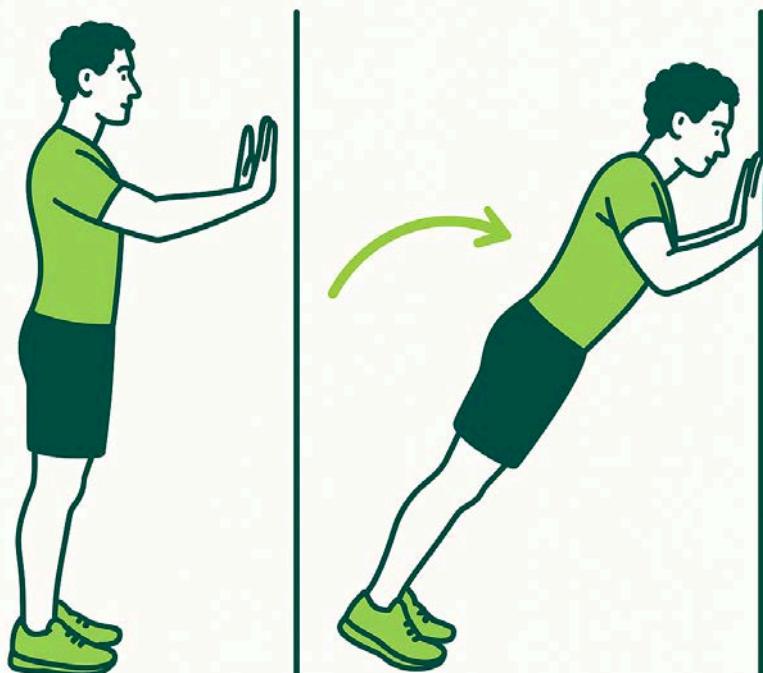
# Complete Exercise Library

## Push-Up Variations

### Perfect Push-Up Form Principles

- **Hand Position:** Slightly wider than shoulders, fingers spread
- **Body Alignment:** Straight line from head to heels (or knees for modified)
- **Core:** Tight abs, glutes engaged throughout entire movement
- **Head Position:** Neutral spine, look down at floor
- **Range of Motion:** Lower until chest nearly touches surface, press back up fully
- **Breathing:** Inhale down, exhale up

### 1. Wall Push-Ups (Beginner)



- Stand about 2 feet from wall (closer than arm's length)
- Place hands flat against wall at shoulder height and width

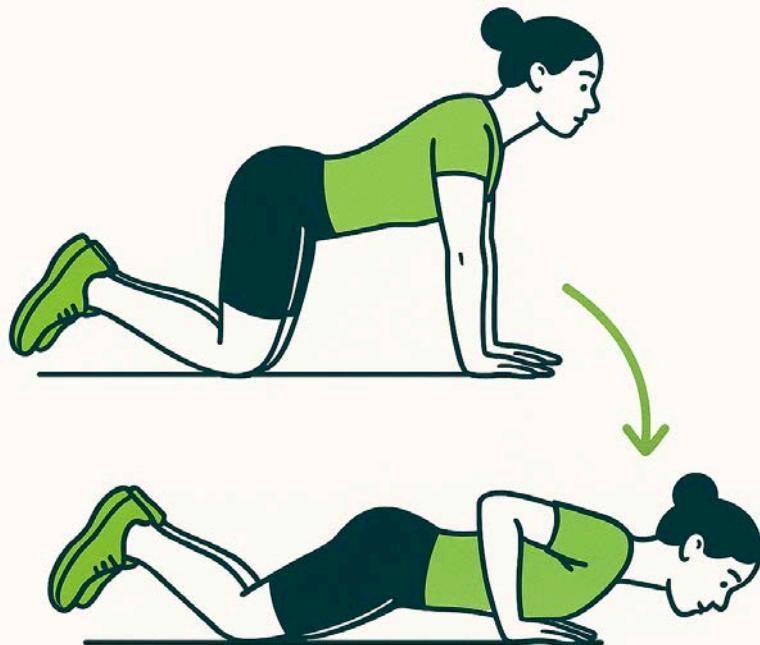
- Body should be at an angle, not upright
- Lean in toward wall by bending arms
- Push back to starting position
- **Progression:** Move feet closer to wall to increase difficulty

## 2. Incline Push-Ups (Beginner to Intermediate)



- Hands on elevated surface (couch, chair, bench)
- Keep same form as standard push-up
- Lower chest toward the surface
- Push back up with control
- **Progression:** Gradually lower the incline until you can do floor push-ups

## 3. Knee Push-Ups (Modified)



- Start in standard push-up position, then drop to knees
- Keep straight line from head to knees
- Same arm and chest movement as standard push-up
- Build strength before progressing to full push-ups

#### **4. Standard Push-Ups (Intermediate/Advanced)**



- Full plank position on toes
- Lower until chest is 1-2 inches from floor
- Press back up to full arm extension
- Maintain perfect form throughout

#### **Common Mistakes to Avoid:**

- Sagging hips or piking up (breaking straight line)
- Incomplete range of motion (not going low enough)
- Flaring elbows too wide (45-degree angle is optimal)
- Looking up or to the side (maintain neutral neck)
- Rushing the movement (control both up and down)
- Holding breath (breathe throughout the movement)

**Progression Strategy:** Start with wall push-ups and master the form. Once you can do 15-20 wall push-ups easily, progress to incline push-ups. When you can do 15-20 incline push-ups, try knee push-ups. Finally, progress to standard push-ups. Aim for 3 sets of 8-12 reps with perfect form before advancing to the next level.



### **Coach Ibraheem Says:**

*"Form first, intensity later. Build the foundation that lasts a lifetime."*

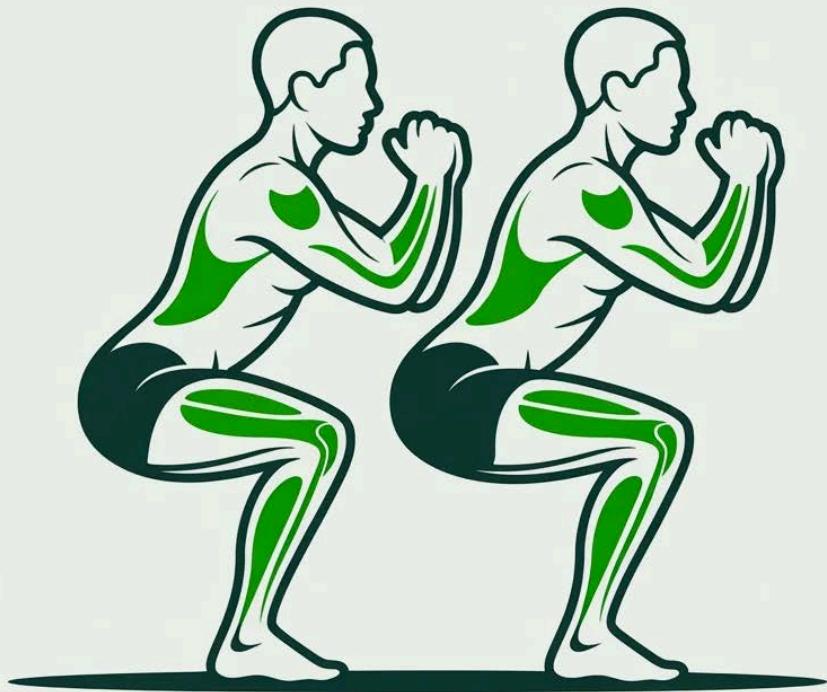
# Squat Variations

## 1. Chair-Assisted Squats (Beginner)



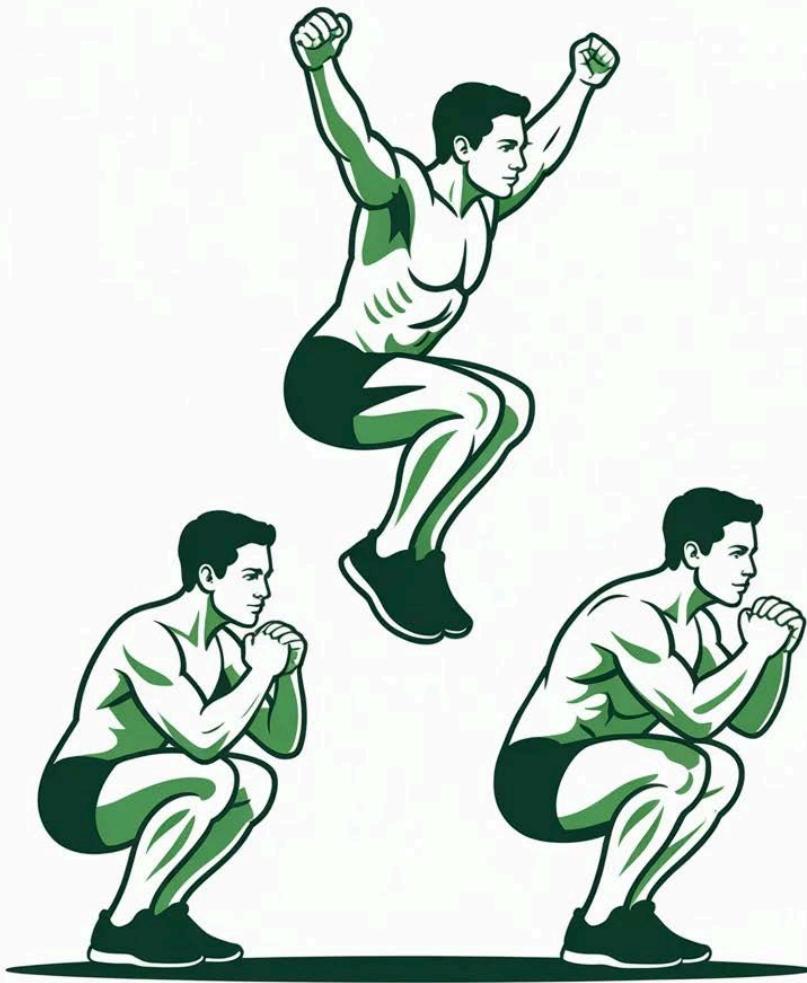
- Stand in front of chair
- Lower down until you lightly touch the seat
- Stand back up using leg muscles
- Keep chest up and knees behind toes
- **Progression:** Hover above chair without touching before progressing to bodyweight squats

## 2. Bodyweight Squats (Intermediate)



- Feet shoulder-width apart
- Lower by pushing hips back and down
- Go down until thighs are parallel to floor
- Drive through heels to stand
- **Focus:** Full range of motion with controlled movement

### 3. Jump Squats (Advanced)

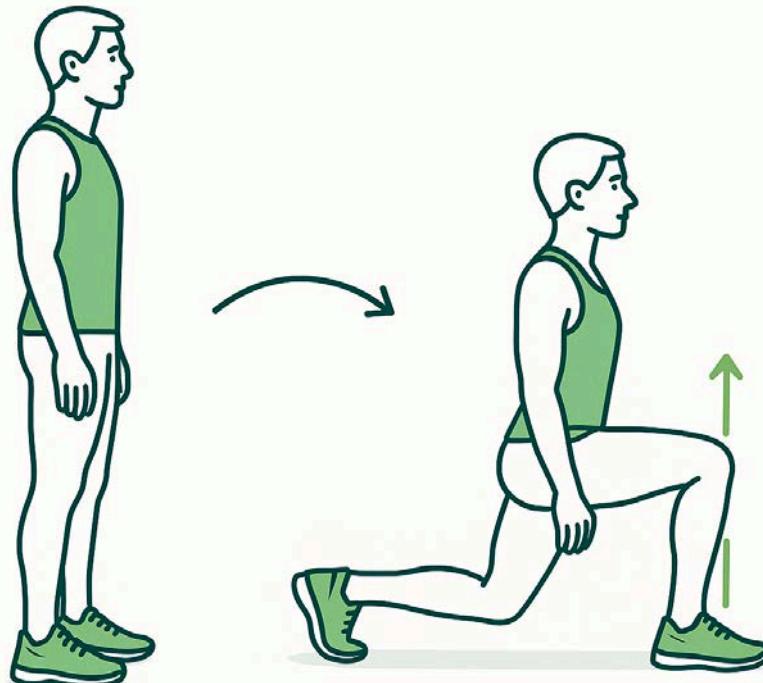


- Start in squat position
- Explode up into a jump with arms overhead
- Land softly back into squat position
- Immediately begin next rep
- **Safety:** Focus on controlled landing to protect knees

**Progression Strategy:** Master chair-assisted squats (15-20 reps) before progressing to bodyweight squats. Once you can do 15-20 bodyweight squats with perfect form, try adding jump squats. Start with 5-8 jump squats and build up gradually.

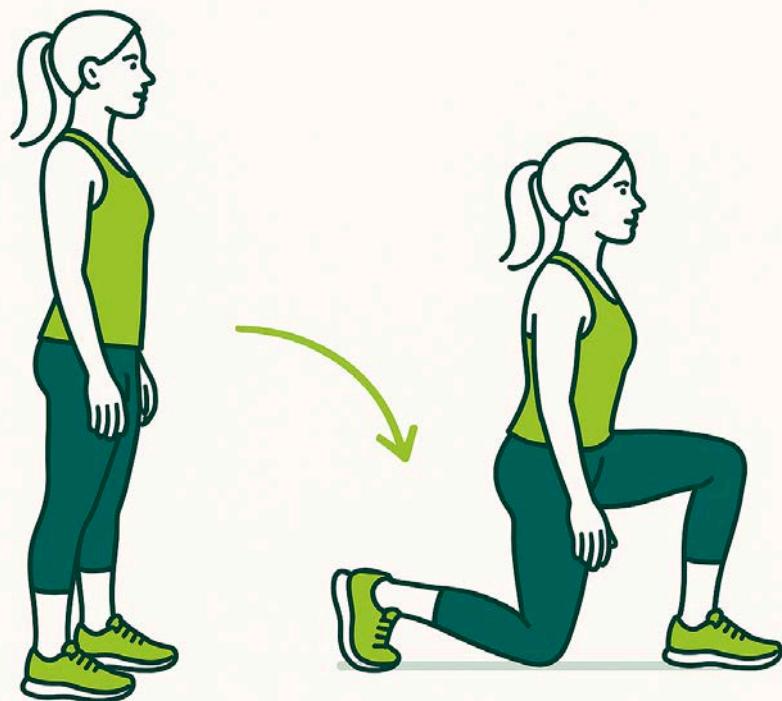
# Lunge Variations

## 1. Front Lunges



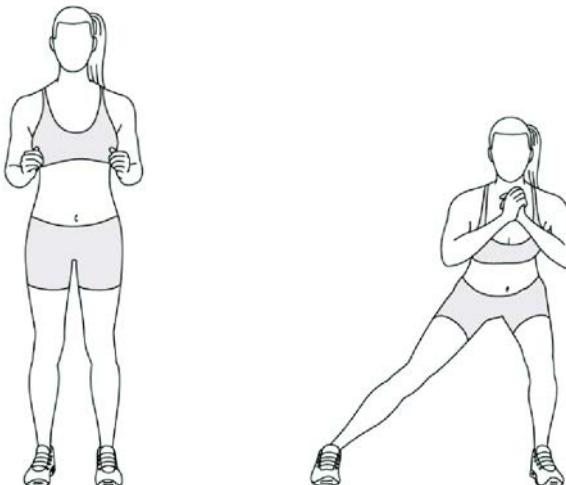
- Start with feet hip-width apart, hands on hips or at sides
- Step one foot forward into lunge position
- Lower back knee toward floor until both knees are at 90 degrees
- Keep front knee directly above ankle, not pushed forward
- Push through front heel to return to starting position
- Complete all reps on one side before switching legs
- **Form Focus:** Keep torso upright and core engaged throughout
- **Safety:** Ensure front knee stays behind toes

## 2. Reverse Lunges



- Start with feet hip-width apart, hands on hips or at sides
- Step one foot backward into lunge position
- Lower back knee toward floor until both knees are at 90 degrees
- Keep most of your weight on your front leg
- Push through front heel to return to starting position
- Complete all reps on one side before switching legs
- **Benefit:** Easier on knees than forward lunges - better for beginners
- **Safety:** More stable and controlled than forward lunges

### 3. Lateral Lunges (Side Lunges)



**\*\*Movement Pattern:\*\* Step Wide → Sit Back → Return Center → Repeat Other Side**

#### Professional OMNIHEEM Movement Pattern System

**\*\*Scientifically Designed for Maximum Effectiveness\*\***

- Start with feet hip-width apart, hands on hips or at sides
- Step one foot wide to the side (about 2-3 feet)
- Shift weight to the stepping leg and sit back into a lunge
- Keep the non-working leg straight and planted
- Lower until thigh of working leg is parallel to floor
- Push through heel to return to starting position
- Complete all reps on one side before switching
- **Target:** Inner thighs, glutes, and outer hips from different angle
- **Form Focus:** Keep torso upright and most weight on working leg

**Progression Strategy:** Start with reverse lunges if you have knee issues. Master bodyweight lunges (10-12 per leg) before adding weights. For lateral lunges, focus on mobility and gradually increase range of motion.

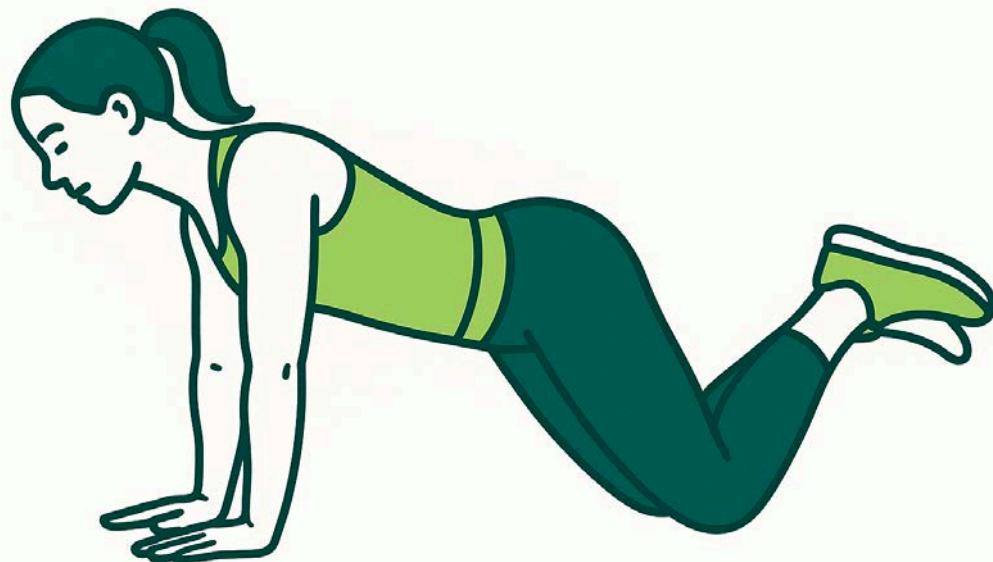


## Coach Ibraheem Says:

*"Every rep counts, every step matters. Your consistency today creates your strength tomorrow."*

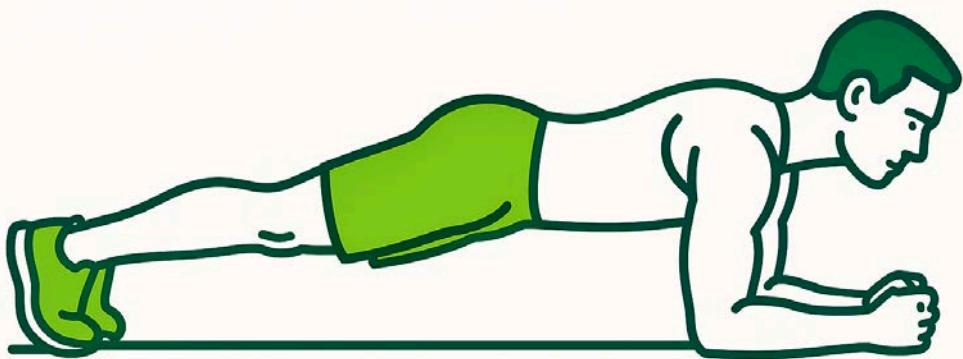
# Plank Variations

## 1. Modified Plank (Knees) - Beginner



- Start in push-up position on knees
- Position knees further back for more challenge
- Keep straight line from head to knees
- Hold position while breathing normally
- Build up to 30 seconds
- **Progression:** Move knees further back to increase difficulty

## 2. Standard Plank - Intermediate



- Forearm plank position on toes
- Forearms on ground, elbows under shoulders
- Straight line from head to heels
- Keep core tight, don't hold breath
- Build up to 60 seconds
- **Focus:** Engage glutes and core throughout

### 3. Side Plank - Advanced

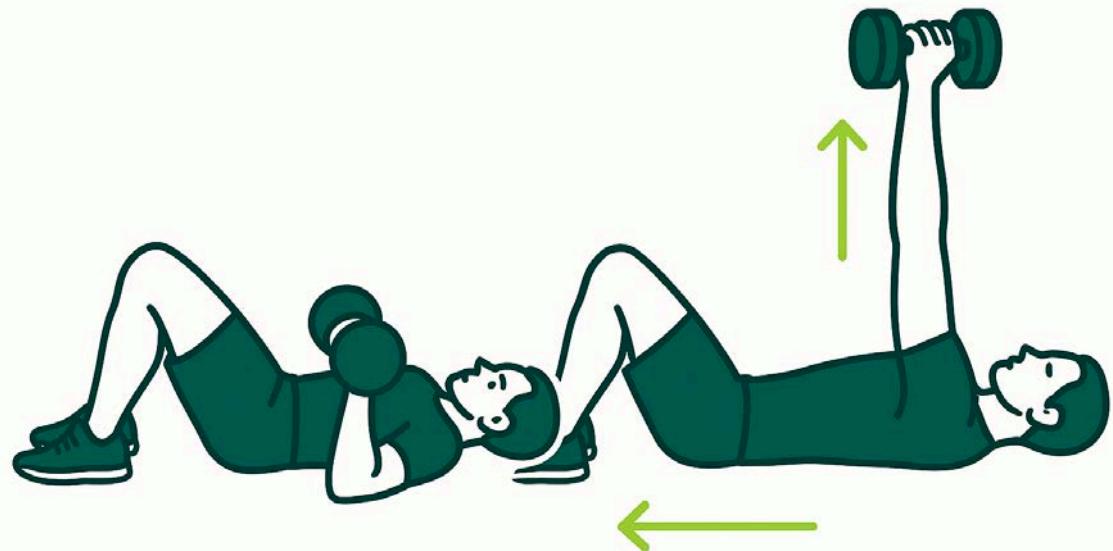


- Lie on side, prop up on forearm
- Lift hips to create straight line from head to feet
- Keep body in one plane, don't rotate
- Hold position without sagging
- Build up to 30 seconds each side
- **Modification:** Drop to knees if full side plank is too difficult

**Progression Strategy:** Master modified plank (30+ seconds) before progressing to standard plank. Once you can hold standard plank for 45+ seconds, try side planks. Start with 15-20 seconds per side and build up gradually.

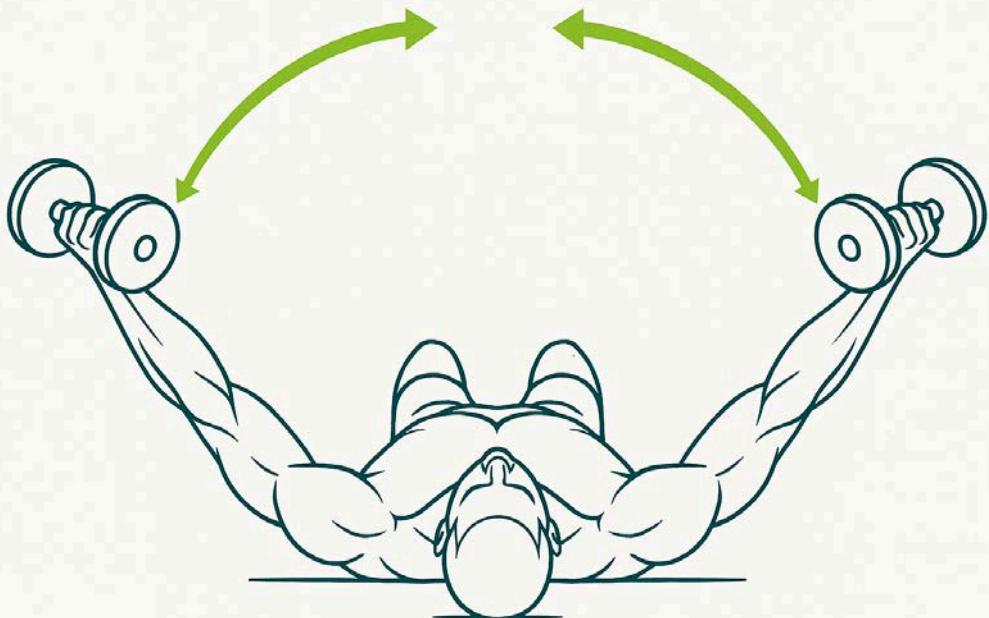
# Dumbbell Chest Exercises

## 1. Dumbbell Chest Press (Floor)



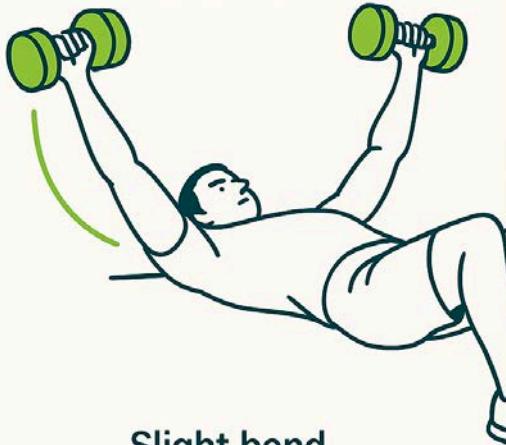
- Lie on floor with knees bent
- Hold dumbbells at chest level
- Press up until arms are straight
- Lower with control, tucking the elbows to 45 degrees until they touch the floor
- **Benefit:** Floor provides natural stopping point for safety
- **Form Focus:** Keep feet flat on floor, core engaged throughout

## 2. Dumbbell Chest Flies



- Lie on floor with knees bent, feet flat
- Start with dumbbells above chest, arms slightly bent
- Open arms wide in smooth arc motion
- Feel stretch across chest muscles
- Bring dumbbells back together above chest
- **Form Focus:** Maintain slight bend in elbows throughout entire movement
- **Safety:** Control the weight - never let arms drop below floor level
- **Breathing:** Inhale as arms open wide, exhale as you bring weights together

## CORRECT



Slight bend

Trunk too low

## INCORRECT



➢ Dropped

➢ Too low

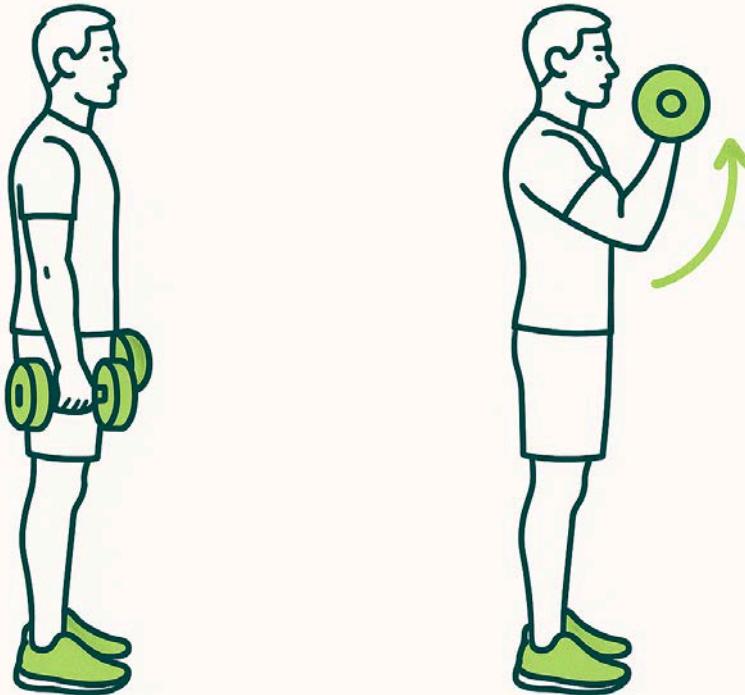
➢ Use momentum

### Proper Form Checklist:

- Keep slight bend in elbows (never lock arms straight)
- Control the descent - don't let gravity take over
- Stop when you feel a good stretch in chest
- Squeeze chest muscles to bring weights back together
- Don't drop arms below floor level
- Don't straighten arms completely
- Don't use momentum or bounce at bottom

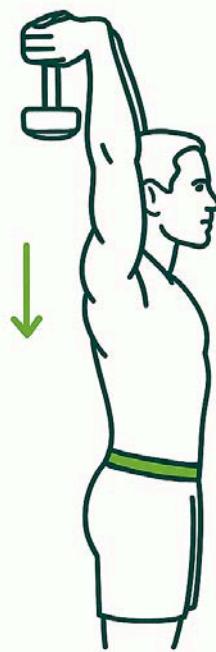
# Dumbbell Arm Exercises

## 1. Bicep Curls

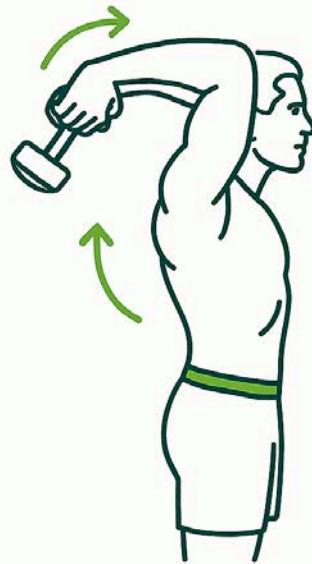


- Stand with feet shoulder-width apart, dumbbells at sides
- Keep upper arms stationary against your sides
- Curl weights up toward shoulders by contracting biceps
- Squeeze biceps at the top for 1 second
- Lower slowly and controlled to starting position
- **Form Focus:** No swinging or momentum - pure bicep contraction
- **Breathing:** Exhale as you curl up, inhale as you lower

## 2. Overhead Triceps Extension



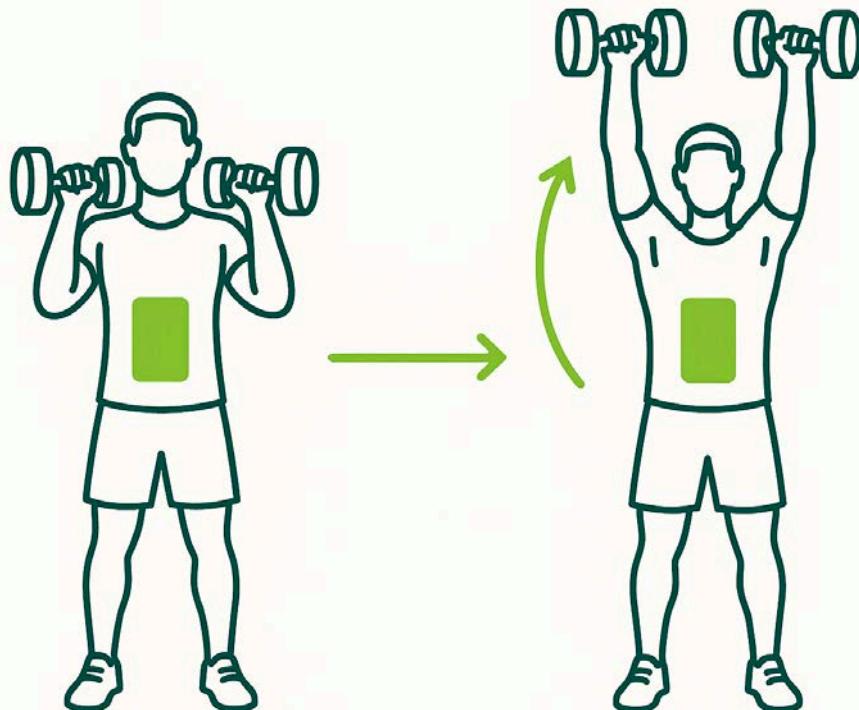
STARTING POSITION



LOWER POSITION

- Hold one dumbbell overhead with both hands
- Keep upper arms vertical and elbows pointing forward
- Lower weight behind head by bending only at elbows
- Feel the stretch in your triceps
- Press back to starting position by extending elbows
- **Safety:** Keep upper arms still - only forearms should move
- **Core:** Engage abs to prevent back arching

### 3. Shoulder Press



- Hold dumbbells at shoulder height, elbows bent 90 degrees
- Press weights straight up overhead until arms are fully extended
- Keep dumbbells aligned over shoulders throughout movement
- Lower with control back to shoulder level
- Keep core tight and avoid arching back
- **Form Focus:** Press straight up, not forward or back
- **Safety:** Don't let weights drift behind your head

#### Progressive Training Tips:

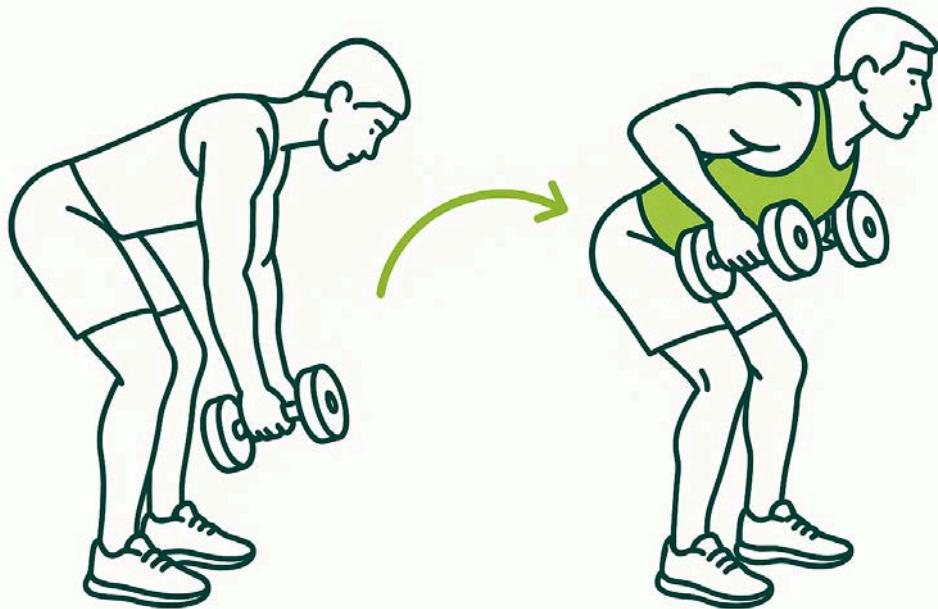
- **Week 1-2:** Focus on learning proper form with lighter weights
- **Week 3-4:** Increase weight when you can complete all sets with perfect form
- **Advanced:** Try single-arm variations for added core challenge
- **Tempo Training:** 2 seconds up, 1 second pause, 3 seconds down

## Common Mistakes to Avoid:

-  Swinging weights or using momentum (especially bicep curls)
-  Letting elbows drift during triceps extensions
-  Pressing weights forward instead of straight up (shoulder press)
-  Arching back excessively to help lift heavier weights
-  Not controlling the negative (lowering) portion of the movement
-  Focus on smooth, controlled movements with mind-muscle connection

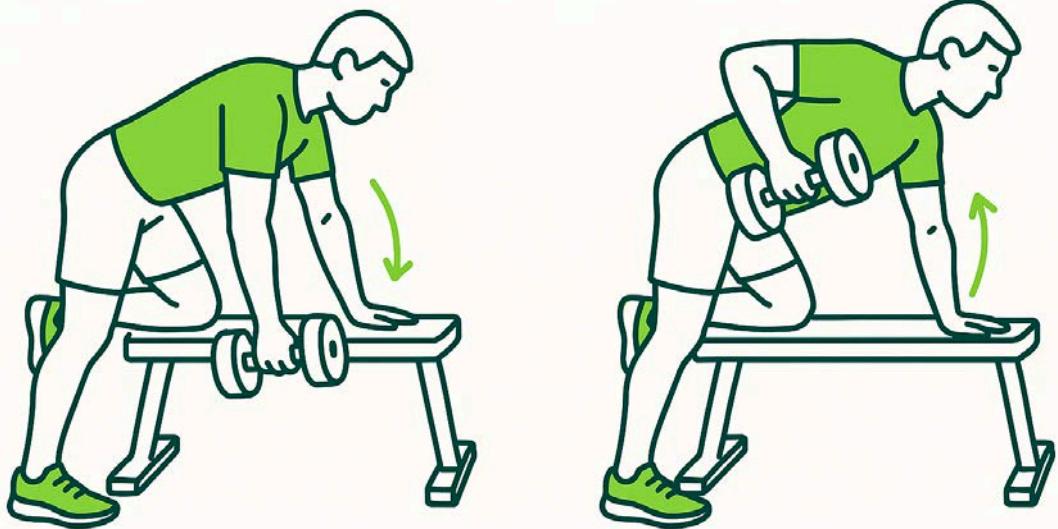
# Dumbbell Back Exercises

## 1. Bent-Over Rows



- Stand with feet hip-width apart, hold dumbbells at sides
- Hinge forward at hips, keep back straight and chest up
- Let dumbbells hang toward floor with arms extended
- Pull dumbbells up toward your ribs by squeezing shoulder blades
- Keep elbows close to your body throughout movement
- Lower weights slowly and controlled to starting position
- **Form Focus:** Hip hinge movement, not squatting down
- **Safety:** Maintain neutral spine - don't round your back

## 2. Single-Arm Row



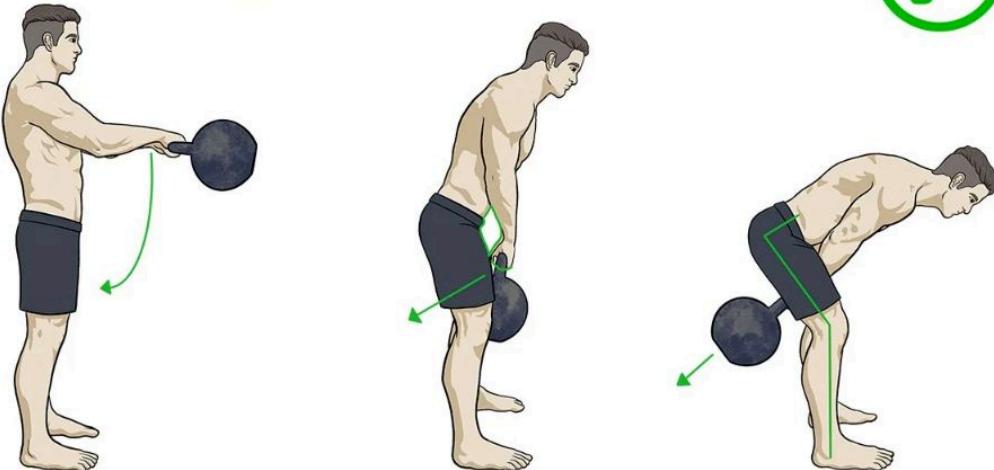
- Place one hand and knee on bench/chair for support
- Hold dumbbell in opposite hand, arm hanging straight down
- Keep back straight and parallel to floor
- Pull dumbbell up toward your hip, leading with elbow
- Squeeze shoulder blade back and feel contraction in back muscles
- Lower weight slowly to full arm extension
- Complete all reps on one side before switching
- **Form Focus:** Pull with back muscles, not just arms
- **Core:** Keep core engaged to maintain stable torso

## Back Exercise Form & Progression:

- **Beginner:** Start with single-arm rows for better stability
- **Intermediate:** Progress to bent-over rows when you can maintain perfect posture
- **Key Points:** Engage back muscles (not just arms), squeeze shoulder blades, maintain neutral spine
- **✗ Avoid:** Rounding back, using momentum, rotating torso during single-arm rows

# Kettlebell Exercises

## KETTLEBELL SWING: PREVENT BOBBING



### 1. Kettlebell Swings

- Stand with feet shoulder-width apart
- Hold kettlebell with both hands
- Hinge at hips, swing kettlebell between legs
- Drive hips forward to swing kettlebell to chest height
- Let momentum carry the weight - don't lift with arms

### 2. Goblet Squats

- Hold kettlebell at chest level
- Perform squat while holding weight
- Keep chest up and core tight
- The weight helps with balance and form

### 3. Kettlebell Deadlifts

- Stand over kettlebell with feet hip-width apart
- Hinge at hips and grab handle
- Keep back straight, drive through heels

- Stand up by extending hips and knees

### Kettlebell Training Guidelines:

- **✗ Avoid:** Using arms instead of hips for swings, rounding back, not engaging core
- **✓ Focus on:** Hip hinge movement, explosive hip drive, maintain neutral spine

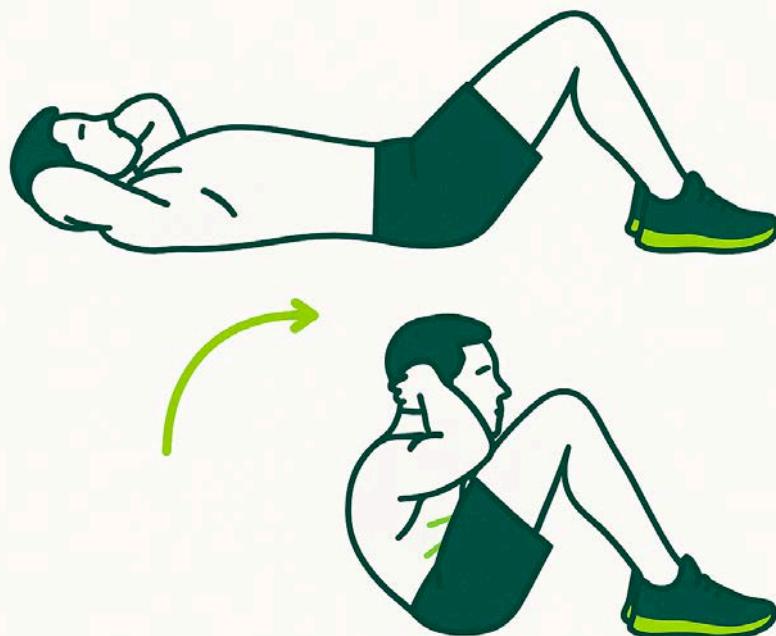


### Coach Ibraheem Says:

*"Power comes from your core, not your ego. Master the movement, then add the intensity."*

# Core Exercises

## 1. Crunches



- Lie on back with knees bent, feet flat on floor
- Place hands lightly behind head (don't interlace fingers)
- Engage core and lift shoulders off floor
- Focus on bringing chest toward knees, not pulling neck
- Exhale as you crunch up, inhale as you lower
- Lower shoulders slowly back to starting position
- **Form Focus:** Small range of motion - quality over quantity
- **Safety:** Never pull on your neck or jerk upward

## 2. Bicycle Crunches



- Lie on back with hands lightly behind head
- Lift shoulders off floor and bring knees to 90-degree angle
- Bring right elbow toward left knee while extending right leg
- Switch sides in smooth cycling motion
- Keep core engaged throughout entire movement
- Focus on rotation from your core, not just moving arms
- **Form Focus:** Controlled alternating movement, no rushing
- **Breathing:** Exhale as you rotate, maintain steady rhythm

### 3. Knee Raises



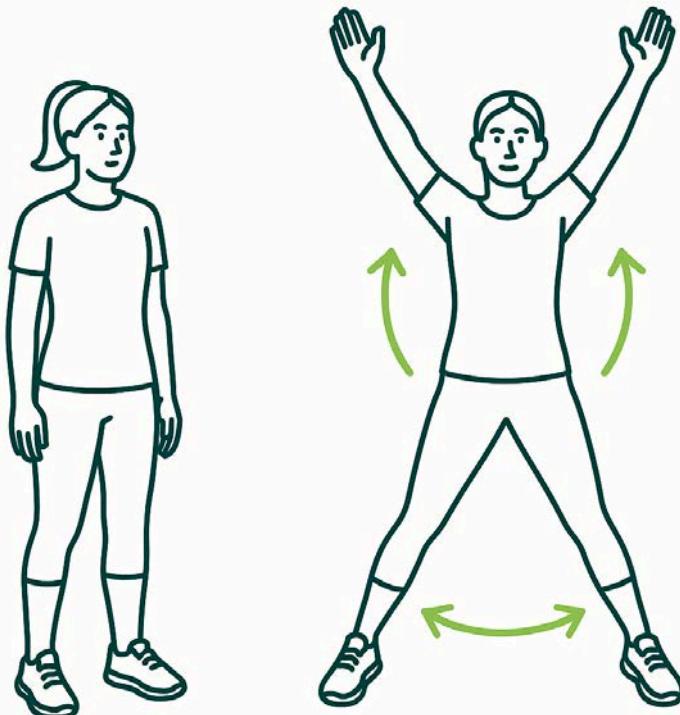
- Lie on back with knees bent at 90 degrees, feet off floor
- Place hands at sides or lightly under lower back for support
- Bring knees toward chest by contracting abs
- Feel the squeeze in your lower abdominals
- Lower knees back to 90-degree starting position
- Keep lower back pressed to floor throughout movement
- **Progression:** Advance to straight leg raises when ready
- **Core Focus:** Initiate movement from deep abdominal muscles

## Core Training Progression & Form:

- **Week 1-2:** Master crunches and knee raises with perfect form
- **Week 3-4:** Add bicycle crunches once basics are solid
- **Advanced:** Progress to straight leg raises and dead bug exercises
- **Tempo:** 2 seconds up, 1 second hold, 2 seconds down for maximum effectiveness
- **✗ Never:** Pull on neck, use momentum, hold breath, or sacrifice form for reps
- **✓ Always:** Engage core properly, control movements, breathe consistently

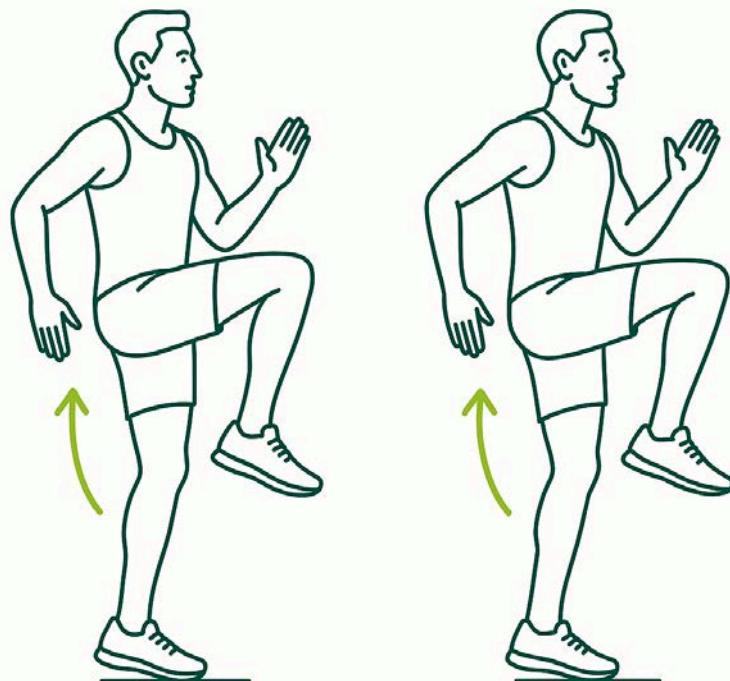
# Cardio Exercises

## 1. Jumping Jacks (Star Jumps)



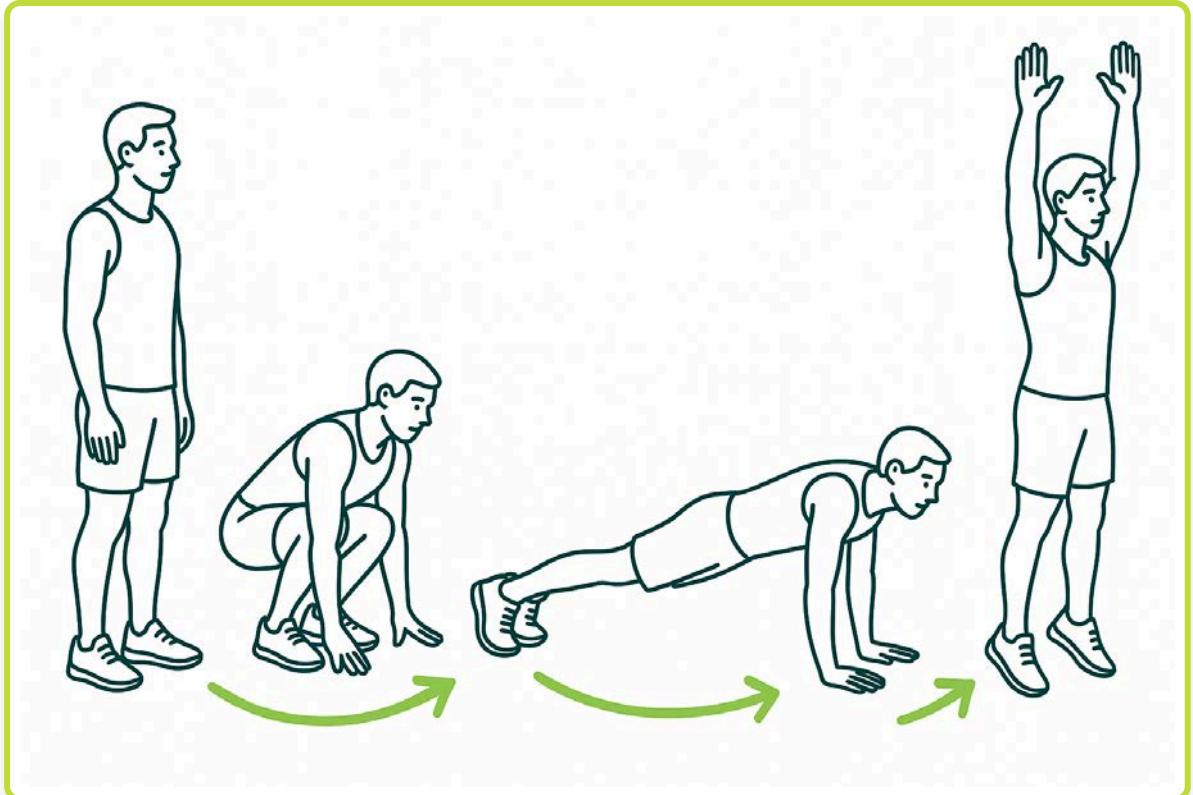
- Start with feet together, arms at sides
- Jump feet apart while raising arms overhead
- Jump back to starting position in one smooth motion
- Keep movement smooth and controlled throughout
- Land softly on balls of feet to protect joints
- Maintain steady breathing rhythm
- **Form Focus:** Coordinate arms and legs together
- **Modification:** Step side to side instead of jumping if needed

## 2. High Knees



- Run in place lifting knees high toward chest
- Aim to bring knees to hip height or higher
- Pump arms naturally in running motion
- Stay on balls of feet throughout movement
- Keep torso upright and core engaged
- Maintain quick, light steps
- **Intensity:** Control pace to match your fitness level
- **Safety:** Land softly to protect knees and ankles

### 3. Burpees



- Start standing with feet shoulder-width apart
- Squat down and place hands on floor in front of feet
- Jump or step feet back to plank position
- Keep core tight in plank - no sagging hips
- Jump or step feet back to squat position
- Stand up explosively and jump with arms overhead
- **Modification:** Step back/forward instead of jumping
- **Advanced:** Add a push-up in the plank position

## Cardio Training Guidelines:

- **Beginner:** Start with 30-second intervals, focus on form over speed
- **Intermediate:** Increase to 45-60 second intervals with proper rest
- **Advanced:** Add cardio finishers to strength workouts, aim for 70-85% max heart rate
- **✗ Avoid:** Landing hard on heels, going too fast, holding breath, skipping warm-up
- **✓ Focus on:** Controlled movements, consistent breathing, joint protection



### Coach Ibraheem Says:

*"Your heart rate tells a story - listen to it, respect it, and watch yourself grow stronger."*

# Stretch & Recover

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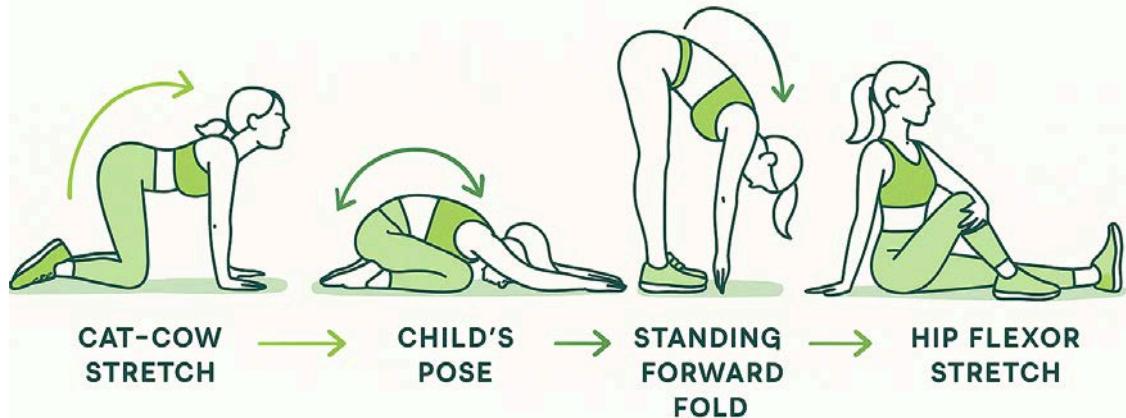


## Coach Ibraheem Says:

*"Recovery isn't just rest - it's an active part of getting stronger. Your muscles grow during recovery, not just during workouts."*

# 5-Minute Post-Workout Stretch Routine

## OMNIHEEM STRETCH FLOW



**Perform after every workout:** Hold each stretch for 30-60 seconds, breathe deeply and relax into the position.

### 1. Cat-Cow Stretch (Spine Mobility)

- Start on hands and knees in tabletop position
- Arch your back and lift chest (Cow position)
- Round your spine and tuck chin to chest (Cat position)
- Flow smoothly between positions for 8-10 repetitions
- **Benefits:** Improves spinal flexibility, relieves back tension

### 2. Child's Pose (Full Body Reset)

- Kneel on floor, sit back on your heels
- Fold forward and extend arms in front of you
- Rest forehead on floor, breathe deeply
- Hold for 60-90 seconds
- **Benefits:** Stretches hips, back, shoulders; promotes relaxation

### 3. Standing Forward Fold (Hamstring & Calf Stretch)

- Stand with feet hip-width apart
- Hinge at hips and fold forward
- Let arms hang heavy or hold opposite elbows
- Bend knees slightly if hamstrings are tight
- **Benefits:** Lengthens posterior chain, calms nervous system

### 4. Hip Flexor Stretch (Low Lunge)

- Step right foot forward into lunge position
- Lower left knee to ground, keep right knee over ankle
- Gently push hips forward to feel stretch in left hip flexor
- Hold 30-45 seconds each side
- **Benefits:** Opens tight hip flexors from sitting and exercising

### 5. Seated Spinal Twist (Core & Back Mobility)

- Sit with legs extended, bend right knee and cross over left leg
- Place left elbow against right knee
- Twist gently to the right, looking over right shoulder
- Hold 30-45 seconds each side
- **Benefits:** Improves spinal rotation, releases back tension

#### Post-Workout Stretch Guidelines:

- **When:** Always stretch after workouts when muscles are warm
- **Duration:** 5-10 minutes minimum after each session
- **Intensity:** Gentle pull, never painful - you should feel relaxed
- **Do:**  Breathe deeply, hold stretches steadily, listen to your body
- **Avoid:**  Bouncing, forcing stretches, holding your breath

# Recovery Methods & Techniques

## Active Recovery Days

- **Light Walking:** 20-30 minutes at comfortable pace
- **Gentle Yoga Flow:** Focus on mobility and breathing
- **Swimming or Water Walking:** Low-impact, full-body movement
- **Household Activities:** Cleaning, gardening, playing with pets/kids
- **Goal:** Keep moving without intense exertion

## Self-Massage Techniques (No Equipment Needed)

- **Tennis Ball Substitute:** Use a lacrosse ball, massage ball, or even a water bottle
- **Foot Massage:** Roll foot over tennis ball for 1-2 minutes each
- **IT Band:** Lie on side, roll from hip to knee using ball
- **Upper Back:** Place ball between back and wall, lean into it
- **Glutes:** Sit on ball, shift weight to find tight spots
- **Technique:** Apply gentle pressure for 30-60 seconds per spot

## Sleep & Recovery Optimization

- **Sleep Duration:** Aim for 7-9 hours of quality sleep nightly
- **Pre-Sleep Routine:** Avoid screens 1 hour before bed
- **Room Environment:** Cool (65-68°F), dark, and quiet
- **Consistency:** Same bedtime and wake time, even on weekends
- **Recovery Boost:** This is when your muscles repair and grow

## Hydration for Recovery

- **Water Intake:** Drink half your body weight in ounces daily
- **Post-Workout:** 16-24 oz water within 2 hours of exercising
- **Stay Consistent:** Proper hydration supports muscle recovery and performance

## Recovery Signs & Red Flags:

-  **Good Recovery:** Feeling energized, sleeping well, mood is positive
-  **Normal:** Mild muscle soreness 24-48 hours after workouts
-  **Overtraining Signs:** Persistent fatigue, mood changes, declining performance
-  **Take Rest When:** Sharp pain, illness, extreme exhaustion
- **Listen to Your Body:** It's better to take an extra rest day than push through

# Weekly Mobility Flow (10 Minutes)

Perform 2-3 times per week on rest days or before workouts:

## Dynamic Warm-Up Mobility (Pre-Workout)

1. **Arm Circles:** 10 forward, 10 backward each arm
2. **Leg Swings:** 10 front-to-back, 10 side-to-side each leg
3. **Hip Circles:** 8-10 in each direction
4. **Torso Twists:** 10-15 gentle rotations each direction
5. **Ankle Rolls:** 8-10 circles each direction, both feet

### Mobility Benefits:

- **Injury Prevention:** Maintains joint range of motion and muscle flexibility
- **Performance:** Better movement quality leads to better exercise results
- **Daily Life:** Easier movement for work, play, and daily activities
- **Recovery:** Reduces muscle tension and promotes blood flow
- **Stress Relief:** Mindful movement calms the nervous system

# Workout Programs

## Understanding Your Workout Terms

New to fitness terminology? Here's what everything means:

### Basic Workout Structure:

- **Reps (Repetitions):** The number of times you perform an exercise. For example, "10 reps" means you do the exercise 10 times in a row.
- **Sets:** A group of repetitions. "3 sets of 10 reps" means you do the exercise 10 times, rest, then repeat this cycle 2 more times (total of 30 repetitions).
- **Rest:** The time you take between sets to recover. "60s rest" means wait 60 seconds before starting your next set.

### Exercise Types & Movements:

- **Range of Motion:** How far you move during an exercise (from starting position to end position and back).
- **Form:** The proper technique and body positioning during an exercise. Good form prevents injury and maximizes results.
- **Tempo:** The speed at which you perform each part of an exercise (e.g., "2 seconds up, 1 second pause, 3 seconds down").
- **Progressive Overload:** Gradually increasing difficulty (weight, reps, or sets) over time to keep challenging your muscles.
- **Modification:** An easier version of an exercise for beginners or those with limitations.
- **Progression:** Moving to a more challenging version of an exercise as you get stronger.

### Body Positions & Techniques:

- **Core Engagement:** Tightening your abdominal muscles to protect your spine and improve stability.
- **Hip Hinge:** Bending at the hips while keeping your back straight (used in deadlifts, rows, etc.).
- **Neutral Spine:** Maintaining the natural curves of your spine during exercises.
- **Full Extension:** Completely straightening a joint (like fully extending your arms during a push-up).

## Practical Example:

"Push-ups: 3 sets of 8 reps, 60s rest" means:

1. Do 8 push-ups with proper form and full range of motion
2. Rest 60 seconds
3. Do 8 more push-ups
4. Rest 60 seconds
5. Do your final 8 push-ups

**Pro Tip:** Don't worry if you can't complete all the reps at first. Do as many as you can with good form, then build up over time! Quality over quantity always wins.



### Coach Ibraheem Says:

*"Confused by the terms? Don't worry - every expert was once a beginner. Focus on learning one thing at a time."*

## PHASE 1: FOUNDATION (WEEKS 1-4)

**Frequency:** 3-4 days per week | **Duration:** 25-35 minutes

### What to Expect in Phase 1:

**Goal:** Build strength foundation and proper movement mechanics

- **Focus:** Learning correct form for all basic exercises
- **Intensity:** Light to moderate - emphasis on technique over weight
- **Progress:** You'll develop muscle memory and basic strength
- **Key Milestone:** Complete all exercises with perfect form for prescribed reps
- **What's Normal:** Some muscle soreness, fatigue after workouts, gradual strength gains
- **Success Indicator:** Ready for Phase 2 when you can complete all workouts consistently

#### Week 1-4 Motivation:

*"Every journey begins with a single step. You're building habits that will transform your life!"*

### Workout A: Upper Body Focus

Exercise	Sets	Reps	Rest	Notes
Wall Push-Ups	2-3	8-12	60s	Progress to incline when you can do 12 easily
Dumbbell Chest Press	2-3	8-10	75s	Start with 5-8 lbs weights
Dumbbell Rows	2-3	8-10	75s	Focus on squeezing shoulder blades
Shoulder Press	2	8-10	60s	Use lighter weight than chest press
Modified Plank	2-3	20-30s	60s	Build up duration before progressing

# Workout B: Lower Body Focus

Exercise	Sets	Reps	Rest	Notes
Chair-Assisted Squats	2-3	10-15	60s	Progress to bodyweight squats
Stationary Lunges	2-3	6-8 each leg	60s	Use wall for balance if needed
Glute Bridges	2-3	12-15	45s	Squeeze glutes at the top
Calf Raises	2	15-20	45s	Control the movement
Crunches	2-3	10-15	45s	Don't pull on your neck

## Phase Transition Moment

***"Congratulations! You've built your foundation. Now it's time to build on it."***

Ready to level up? Your body is prepared for the next challenge!

## You Just Completed Phase 1!

You've proven you can commit and build consistency. **Imagine what personalized coaching could unlock for you.**

Ready to accelerate your results?

**Virtual Sessions: \$60 each | In-Home  
Training: \$109 each**

Continue to Phase 2 below, or visit [omniheem.com](http://omniheem.com) for personalized training.

## PHASE 2: STRENGTH BUILDING (WEEKS 5-8)

**Frequency:** 4 days per week | **Duration:** 35-45 minutes

### What to Expect in Phase 2:

**Goal:** Increase strength and muscle endurance with progressive overload

- **Focus:** Adding weight, more sets, and challenging exercise variations
- **Intensity:** Moderate to challenging - you should feel worked but not exhausted
- **Progress:** Noticeable strength gains, improved muscle definition
- **Key Milestone:** Increase weights by 10-20% from Phase 1
- **What's Normal:** Increased appetite, better sleep, visible muscle changes
- **Success Indicator:** Complete workouts feeling strong and confident

### Week 5-8 Motivation:

*"You're not just getting stronger physically - you're proving to yourself that you can commit and grow!"*

## Workout A: Upper Body Strength

Exercise	Sets	Reps	Rest	Notes
Incline Push-Ups	3-4	8-12	75s	Lower incline as you get stronger
Dumbbell Chest Press	3-4	10-12	90s	Increase weight when you can do 12 reps
Single-Arm Rows	3-4	10-12 each	75s	Focus on form over speed
Shoulder Press	3	10-12	75s	Keep core tight throughout
Bicep Curls	3	12-15	60s	Control the negative portion
Standard Plank	3	30-45s	60s	Maintain perfect form

## Workout B: Lower Body Power

Exercise	Sets	Reps	Rest	Notes
Bodyweight Squats	3-4	12-15	75s	Focus on full range of motion
Goblet Squats	3-4	10-12	90s	Use kettlebell or dumbbell
Reverse Lunges	3-4	8-10 each leg	75s	Add weight when bodyweight gets easy
Kettlebell Swings	3-4	15-20	90s	Power comes from hips, not arms
Bicycle Crunches	3	15-20 each side	60s	Slow and controlled movement

## Strength Achievement Unlocked

**"You've built real strength! Now let's unleash your full athletic potential."**

The final phase awaits - this is where champions are made!

### 8 Weeks of Dedication Complete!

You've transformed your strength and proven your commitment. **Ready for the next level of results?**

Take your fitness to the next level

**Virtual Sessions: \$60 each | In-Home Training:  
\$109 each**

Complete Phase 3 below for the full program, or get personalized coaching at [omniheem.com](http://omniheem.com)

## PHASE 3: ADVANCED TRAINING (WEEKS 9-12)

**Frequency:** 4-5 days per week | **Duration:** 40-50 minutes

### What to Expect in Phase 3:

**Goal:** Peak performance with advanced movements and maximum challenge

- **Focus:** Complex exercises, explosive movements, and athletic performance
- **Intensity:** High - pushing your limits while maintaining perfect form
- **Progress:** Significant strength, endurance, and body composition changes
- **Key Milestone:** Master advanced variations like standard push-ups and jump squats
- **What's Normal:** Increased confidence, energy, and noticeable physical transformation
- **Success Indicator:** Ready for personalized 1-on-1 training to unlock your full potential and achieve specific goals

### Week 9-12 Motivation:

*"Look how far you've come! You're not the same person who started this journey. Embrace your strength!"*

## Workout A: Upper Body Power

Exercise	Sets	Reps	Rest	Notes
Standard Push-Ups	4	10-15	90s	Perfect form on every rep
Dumbbell Chest Press	4	12-15	90s	Use challenging weight
Bent-Over Rows	4	12-15	90s	Keep back straight
Overhead Press	4	10-12	90s	Press straight up
Triceps Extension	3	12-15	60s	Keep upper arms still
Side Planks	3	30s each side	60s	Build up to 45 seconds

## Workout B: Total Body Challenge

Exercise	Sets	Reps	Rest	Notes
Jump Squats	4	10-12	90s	Land softly
Kettlebell Swings	4	20-25	90s	Explosive hip drive
Lateral Lunges	3	10 each side	75s	Add weight for challenge
Burpees	3	8-12	90s	Full-body exercise
Leg Raises	3	12-15	60s	Control the movement
High Knees	3	30 seconds	60s	Cardio finisher

## Ready to Take Your Fitness to the Next Level?

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This guide gives you everything you need to start your fitness journey, but imagine what you could achieve with personalized coaching and accountability.

### My Training Services

- **Virtual Personal Training Sessions:** \$60 per session - Train from anywhere with real-time coaching
- **In-Home Personal Training (Chicago Area):** \$109 per session - I bring the workout to you
- **Group Training Sessions:** Virtual and in-person options available

### What You Get:

- Customized workout plans based on your specific goals
- Real-time form correction and motivation
- Ongoing support and accountability
- Progressive program adjustments as you get stronger

**Ready to get started?** Visit [omniheem.com](http://omniheem.com) to learn more about my services and book your free consultation.

Follow my YouTube channel for free workout tips and motivation, and don't hesitate to reach out with questions about your fitness journey.

**Your transformation starts today. Let's make it happen together!**



## Transform Your Life. One Rep at a Time.

### Online Presence

**Website:** [omniheem.com](http://omniheem.com)

**YouTube:** Free workout tips & motivation

**Location:** Chicago Area & Virtual Training

### Training Services

**Virtual Training:** \$60 per session

**In-Home Training:** \$109 per session

**Group Sessions:** Available virtually & in-person

### OMNIHEEM Values

Empathy

Transformative

Versatility

Genuine

Accessibility

Progressive

Inclusivity

*"Your fitness journey is unique. Let's make it extraordinary together."*

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If you have any injury, medical conditions, unusual discomfort, remember to consult your physician before engaging in exercise and nutritional changes. Use good sense.

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