



LEAN

# 14 DAY AT HOME

WORKOUT GUIDE

FOR A HEALTHIER YOU AT HOME PHYSICALLY & MENTALLY

BEGINNER

*Lilly Sabri*

PHYSIOTHERAPIST, HEAD TRAINER & FOUNDER OF THE LEAN APP

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## HELLO FROM THE AUTHOR



Hi, I'm Lilly, and my goal is to be by your side, every step of the way, throughout your LEAN journey. I graduated from University in 2010 after completing my BSc Physiotherapy. I have always been passionate about helping people and started my journey as a junior Physiotherapist working in the National Health Service in London, UK in 2010. Every spare minute I had, I spent pursuing my dream of working with Athletes. Four years later, I had worked my way up to working as a Physiotherapist for Premier League and Championship level Football Clubs.

After completing my training as a Pilates instructor, I set up my own Pilates classes with a fusion concept of HIIT and Pilates. My next goal was to take my instructing online... That's where you guys come in- The Lean With Lilly Familia! Many of you would have completed my workouts on my social media channels and have seen incredible results so far.

The LEAN team and I are working flat out, to create an enjoyable Program that GETS RESULTS for both mind and body from home!

I can't wait to start this incredible journey, together, from all over the world. You are not alone!

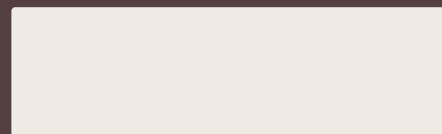
#LetsDoThis  
Love Lilly xx

*Lilly Sabri*

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## WHAT TO EXPECT

The 14 Day At Home Workout Guide is designed to target all muscle groups in the body, with different styles of training across 14 days. There will be live workouts, Q and A's, live cook-offs, journaling, a habit tracker, and new delicious healthy recipes to try.

Subscribe to my YouTube channel [here](#) to make sure you don't miss the workouts. You can find all this information on the workout calendar, on page 6. Before we get stuck in, I would love for you to join our private Facebook group, it's such an incredible support group for everyone who is doing any of my LEAN Guides. [Click here to join](#)

## WHAT WILL YOU NEED?

All of the workouts are home friendly as minimal equipment and space is required.

### Equipment

Throughout the Guide, you will see the following icons, letting you know what equipment is needed for a workout. The equipment is not essential, but does increase the intensity of the workouts to give you an extra burn!

A mat or soft surface to lie down.



LEAN Resistance Bands  
(Adjustable or HIIT)



Weights, *Dumbbells*  
or *Water Bottles*



Chair

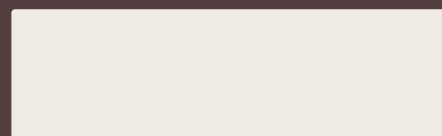


Pillow

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## OUR FAMILIA

**Join the most supportive community out there!**

The #LWL family will not only share their journey with you, but they will also encourage you on your LEAN journey.

We are big believers in sharing motivation and inspiration and coming together as a community to become the healthiest and happiest versions of ourselves.

Don't forget to tag us on the social media handles listed below to be reposted.

We can't wait to watch your transformation journeys, mind and body.  
**Click the icons** below and join the community:

[WWW.LEANWITHLILLY.COM](http://WWW.LEANWITHLILLY.COM)

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START THE CHALLENGE

**LET'S DO THIS**  
#LEANWITHLILLY

## WORKOUTS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>▶ NEW</p>  <p>3PM GMT, 23<sup>RD</sup> NOV MUFFIN TOP BURNER 8m</p> <p>  </p>	<p>▶ LIVE</p>  <p>12PM GMT, 24<sup>TH</sup> NOV PILATES WITH WEIGHTS 30m</p> <p>  </p>	<p>▶ NEW</p>  <p>12PM GMT, 25<sup>TH</sup> NOV BACK OF THIGHS TIGHTEN &amp; TONE 7m</p> <p></p>	<p>▶ LIVE</p>  <p>12PM GMT, 26<sup>TH</sup> NOV WEIGHTS VS CARDIO LOWER BODY 30m</p> <p> </p>	<p>▶ LIVE</p>  <p>12PM GMT, 27<sup>TH</sup> NOV ABS &amp; ARMS BURNER + LEAN BANDS Q&amp;A 15m</p> <p></p>		<p>Rest Day</p>
	<p>▶ LIVE</p>  <p>12PM GMT, 24<sup>TH</sup> NOV PILATES WITH WEIGHTS 30m</p> <p>  </p>					














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START THE CHALLENGE

LET'S DO THIS  
#LEANWITHLILLY

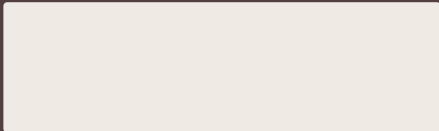
## WORKOUTS

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p>NEW</p>  <p>3PM GMT, 30<sup>TH</sup> NOV LOWER ABS</p> <p>5m</p> 		<p>NEW</p>  <p>12PM GMT, 2<sup>ND</sup> DEC INNER THIGHS</p> <p>11m</p> 	<p>LIVE</p>  <p>12PM GMT, 3<sup>RD</sup> DEC CARDIO BOX</p> <p>30m</p>  			
		  				

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## JOURNAL

Search 'Why journal' online and it will come up with a thousand reasons why journaling is good for your mental health. Rather than list them, I'm going to open up a little about my experience with journaling and how it's changed my life.

At first, I was super reluctant to journal, and here's why (this is a little personal). Something I've always been really scared to open up about: I'm dyslexic.

I know it's nothing to be ashamed of, but in my thirties, I still get very nervous telling people. Writing has never come easy to me, I get my words muddled, it takes a long time and it always looks messy!

From childhood, I've always watched my sister, who is the most incredible writer, wishing I had the freedom to write without judging myself so harshly. But as I've grown older, I've realised that we all have different strengths. We can't all be amazing at everything, that's what makes us human.

Eight months ago my feelings of anxiety and trouble sleeping returned. A close friend recommended that I try journaling. I was so nervous the first time. Is it going to look messy? What if there are spelling mistakes? What do I write about?

But the truth is... IT DOESN'T MATTER! Journaling is for YOU! It is a safe space where you can write whatever you want, without the fear of being judged by others. For me, journaling is an outlet, a space where I can get my thoughts, feelings, fears and ideas down on paper. Journaling has helped me to clear my mind, become present in the moment, and manage my anxiety.

I've found that every time I stop for 15 minutes to write down my thoughts and feelings, it feels like a huge weight is lifted. I'm able to be present and to practice gratitude. So I guess what I'm trying to say is, there's no right or wrong when it comes to journaling. I just hope that it can have as much of a positive impact on your life as it has mine.

Love Lilly x

Ps. I've put together some prompts within this journal to help guide you across the next 14 days. You don't have to use them, but if you are new to journaling, I think this may help you.

Habit Tracker - this is at the back of your journal and one of the most effective ways to achieve your goals (in my opinion). Skip forward a few pages to check it out.

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## HOME WORKOUT GUIDE

**BEGINNER**

1

DATE: \_\_/\_\_/\_\_\_\_

HOW DO YOU FEEL TODAY?

---

---

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

---

---

ONE THING YOU'RE GRATEFUL FOR TODAY?

---

---

2

DATE: \_\_/\_\_/\_\_\_\_

HOW DO YOU FEEL TODAY?

---

---

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

---

---

ONE THING YOU'RE GRATEFUL FOR TODAY?

---

---

3

DATE: \_\_/\_\_/\_\_\_\_

HOW DO YOU FEEL TODAY?

---

---

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

---

---

ONE THING YOU'RE GRATEFUL FOR TODAY?

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HOME WORKOUT GUIDE

**BEGINNER**

4

DATE: \_\_/\_\_/\_\_\_\_

HOW DO YOU FEEL TODAY?

---

---

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

---

---

ONE THING YOU'RE GRATEFUL FOR TODAY?

---

---

5

DATE: \_\_/\_\_/\_\_\_\_

HOW DO YOU FEEL TODAY?

---

---

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

---

---

ONE THING YOU'RE GRATEFUL FOR TODAY?

---

---

6

DATE: \_\_/\_\_/\_\_\_\_

HOW DO YOU FEEL TODAY?

---

---

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

---

---

ONE THING YOU'RE GRATEFUL FOR TODAY?

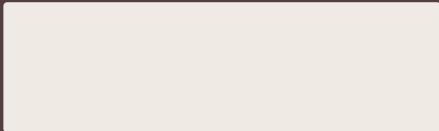
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## HOME WORKOUT GUIDE

**BEGINNER**

7

DATE: \_\_/\_\_/\_\_\_\_

HOW DO YOU FEEL TODAY?

---

---

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

---

---

ONE THING YOU'RE GRATEFUL FOR TODAY?

---

---

8

DATE: \_\_/\_\_/\_\_\_\_

HOW DO YOU FEEL TODAY?

---

---

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

---

---

ONE THING YOU'RE GRATEFUL FOR TODAY?

---

---

9

DATE: \_\_/\_\_/\_\_\_\_

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

---

---

ONE THING YOU'RE GRATEFUL FOR TODAY?

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HOME WORKOUT GUIDE

**BEGINNER**

## 10

DATE: \_\_/\_\_/\_\_\_\_

HOW DO YOU FEEL TODAY?

---

---

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

---

---

ONE THING YOU'RE GRATEFUL FOR TODAY?

---

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## 11

DATE: \_\_/\_\_/\_\_\_\_

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

---

---

ONE THING YOU'RE GRATEFUL FOR TODAY?

---

---

## 12

DATE: \_\_/\_\_/\_\_\_\_

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

---

---

ONE THING YOU'RE GRATEFUL FOR TODAY?

---

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HOME WORKOUT GUIDE

BEGINNER

## 13

DATE: \_\_/\_\_/\_\_\_\_

HOW DO YOU FEEL TODAY?

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---

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

---

---

ONE THING YOU'RE GRATEFUL FOR TODAY?

---

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## 14

DATE: \_\_/\_\_/\_\_\_\_

HOW DO YOU FEEL TODAY?

---

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

---

---

ONE THING YOU'RE GRATEFUL FOR TODAY?

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*“What you think, you become.  
What you feel, you attract.  
What you imagine, you create.”*  
Buddha

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*“Motivation is what gets you started.  
Habit is what keeps you going.”*  
Jim Ryun

## HABIT TRACKER

As you know from my Vlogs, I'm not a fan of cutting things out. Instead, let's encourage one another to take on new healthy lifestyle habits. After all, your health and happiness is everything!

Choose 3-5 new habits you would like to start during this 14 Day Guide and write them in the left column. For example: read for 15 minutes, meditate for 10 minutes and complete each daily workout on this guide. Tick the box each day you complete this new habit.

Remember, no one is perfect and it's not realistic to feel 100% every single day, that's what makes us human. Don't be hard on yourself, you're doing great!

I recommend trying to not miss more than 2 days in a row, to help turn this new habit into a lifestyle change. Good luck, and most importantly, have fun!

HABIT	DAY														TOTAL	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14		

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