

AT HOME

PROGRAM 1.0



KIM LEV FIT

the
4 | 11

VIDEO LIBRARY PASSWORD

examplepassword

This 4-week at-home workout program is a perfect way to get in shape from home!

Each week consists of three 45 minute - 1 hour-long workouts designed to challenge you and improve your fitness from your office, home gym, or backyard! The only equipment you'll need is a long resistance band, a hip resistance band, and a set of dumbbells.

You'll start off the week focused on legs and glutes, using resistance bands and pulses to build and tone your lower body. Next, you'll have an upper body workout, alternating between dumbbell and bodyweight exercises to shape up and strengthen your shoulders, arms, chest, and back. The week will finish up with a full body HIIT workout to get your heart rate pumping and target any muscles that need a little extra work before the weekend.

All exercises can be viewed in the [video library](#), which can be accessed with the password at the top of this page.



CLICK HERE!

PRO TIP

Just starting your workout journey, or getting back to the gym after a break? This program is a great way to work your way back into the gym and build up your strength and endurance!

equipment you'll need

shortcode

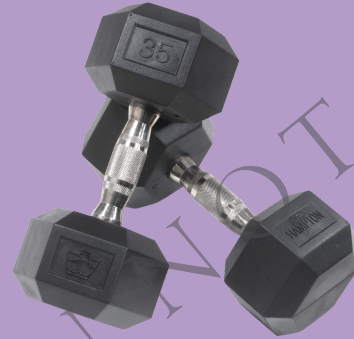
(R, L) = double-sided exercise

DB = dumbbell

LRB = long resistance band

HB = hip band or resistance loop

a set of
dumbbells



a hip band



OR

a resistance loop



a long resistance
band



plan your program

Use this calendar to plan your workouts every week.

You can do them on the days that best fit your schedule, but make sure to follow the program order!

	M	T	W	T	F	S
WEEK 1						
WEEK 2						
WEEK 3						
WEEK 4						

warm-up exercises

Warming up your muscles is vital for preventing injury and reaping the full benefits of your workout. These are several dynamic warm-up exercises to prep you for your workout!

legs & glutes

- Donkey Kick
- Fire Hydrant
- Front Kick
- Body Weight Squat
- Walking Knee Hug
- Walking Lunges
- Jump Squat
- Jump Lunges
- HB Squat Walk
- LRB Anchored Squat
- HB Glute Bridge

hip flexors

- Side Shuffle
- Back Pedal
- Leg Swing
- Karaoke
- HB Butterfly Squats
- HB Jack Squats

back

- Superman
- LRB Upright Row
- LRB Bent Over Row

chest

- Svend Press
- Push Ups
- LRB Pull Aparts

shoulders

- LRB Dislocation
- LRB Shoulder Rotation
- LRB Depressions
- LRB Up & Overs
- Windmills

total body

- Jumping Jacks
- Jump Rope
- LRB Squat Press

[View these exercises in the video library.](#)

Week 1

DAY 1

legs + glutes

pro tip

Don't forget to activate your glutes before starting your workout to get the maximum benefits!

circuit 1

DB Side Lunge (R, L)	12x
DB Goblet Squat with Pulse	15x
DB Front Lunge (R, L)	12x

4 sets

circuit 2

HB Jump Squats	10x
HB B Stance Hip Thrusts (R, L)	12x
Squat with Crossover Kick (R, L)	12x

4 sets

burnout

DB Donkey Kicks (R, L)
DB Fire Hydrants (R, L)

2 sets

DAY 1

COMPLETE