

**YOUR
DIABETES
INSIDER**

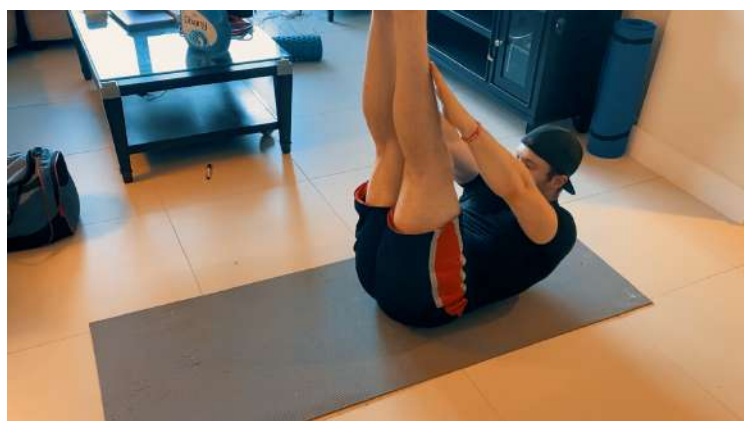


AT-HOME WORKOUT PROGRAM

YOUR DIABETES INSIDER

WELCOME TO THE WORKOUTS!

The workouts are laid out chronologically, in order, for you to follow for the next four weeks.



There is a combination of strength and high intensity interval training in here, for the most optimal combination of muscle building and fat burning.

Do the workouts in order, as they progress through the 4 weeks.

Each workout comes with it's own instructions, so be sure to follow those as well. Some exercises will involve equipment - most of the time, these can be household objects (i.e. a heavy book, a towel, etc), but some would be done better with [resistance bands](#) or dumbbells. If you have those available to you, opt for those.

If there is an exercise you cannot do, make sure to find a similar modification - for example, if you can't do a full pushup, do a pushup from your knees.

There are 4 workouts per week for 4 weeks. They are divided into two full body workouts, an upper body workout, and a lower body workout. An ideal sequencing through the week looks like this:

FULL BODY
REST OR CARDIO
FULL BODY
REST
UPPER BODY
LOWER BODY
REST

For an optional 5th workout each week, do some sort of cardio, be it a jog, sprints, a walk, biking, etc.

When you have completed the first four weeks, consider restarting the sequence from the beginning and increasing resistance (i.e. weight of the objects used) or increasing the reps, rounds, or sets.

If you have questions, please post them in the FB group - you can find the [link](#) here.

Get ready for some AWESOME progress on your fitness goals and, once things return to normal, a backup workout routine you can take ANYWHERE!

- BEN



INSTRUCTIONS FOR WORKOUTS

WEEK 1

DAY 1: FULL BODY

Instructions:

Do each exercise consecutively; finish the first, go immediately to the next. Repeat til all are completed. Take 1 minute of rest after each round. Do 4-5 total rounds.

LUNGE

8 reps/leg

PUSHUPS

10 reps

SIDE TO SIDE TWISTS

12 reps/side

GOBLET SQUAT

8 reps (2s pause at bottom)

SINGLE ARM ROW

12 reps/side (with household object)

BODY UPS

12 reps

V-UPS

12 reps

SEE ACTUAL WORKOUT [HERE](#).

WEEK 1

DAY 2: FULL BODY

Instructions:

Alternate the two exercises for 5 minutes, doing the specified number of reps of each before switching to the other one. After 5 minutes, move to the next group.

1A: BULGARIAN SPLIT SQUAT

6 reps/leg

1B: LYING LEG RAISES

8 reps

2A: INVERTED ROW

12-15 reps

** As mentioned above, a few exercises may be done better with specific equipment. You can find my recommended products [here](#).

2B: SHOULDER TAPS

10 taps/side

3A: WIDE GRIP PUSHUPS

9 reps

3B: SIDE PLANK HIP PULSES

6 reps/side

4A: SQUAT WITH PULSE

6 reps

4B: MOUNTAIN CLIMBERS

10 reps/side

5A: ICE SKATERS

8 reps/side

5B: BANDED SHOULDER PRESS

8 reps

SEE ACTUAL WORKOUT [HERE](#).

WEEK 1

DAY 3: UPPER

Instructions:

Do each exercise in traditional weightlifting style.

PUSHUP (INCLINE OR DECLINE)

4 sets | 12 reps

BENT OVER ROW

3 sets | 10 reps (SQUEEZE)

BENCH WALKING STEP UPS

3 sets | 6 reps/side

FRONT/SIDE/REAR DELT RAISES

3 sets | 7 reps

(light household object)

CURLS WITH PAUSE

2 sets | 10 reps

(band, DB, household item; Squeeze each rep 2s)

TRICEP BODY EXTENSION

2 sets | 6 reps

PLANK CIRCLES

2 sets | 10 reps/side

[SEE ACTUAL WORKOUT HERE.](#)

WEEK 1
DAY 4: LOWER

Instructions:

Do each exercise in traditional weightlifting style.

GLUTE BRIDGE

4 sets | 15 reps

CURTSY LUNGE

4 sets | 8 reps/side

STEP UPS

3 sets | 8 reps/side

SINGLE LEG RDL

2 sets | 8 reps/side

SIDE LEG RAISE

2 sets | 8 reps

SIDE SHUFFLES

3 sets | 10 steps each way

FRONT PLANK

2 sets | maximum effort

[SEE ACTUAL WORKOUT HERE.](#)

WEEK 2

DAY 1: FULL BODY

Instructions:

Do the first exercise for 30 seconds. Rest for 30 seconds.

Start the next round: do the first exercise for 30 seconds, then add the second exercise for 30 seconds.

Rest.

Do exercise 1 for 30 seconds, then exercise 2 for 30 seconds, then add exercise 3 for 30 seconds.

Continue this process, adding one exercise per round, til you've added all exercises. At this point, remove exercise 1 (start with exercise 2) and do all the movements. Then, remove exercise 2 as well (start with exercise 3). Repeat until all you are doing is the final exercise.

HAND RELEASE PUSHUPS

WIDE LEG SQUAT (OR BANDED)

PLANK V-SPLITS

CHAIR DIPS

MID BACK BANDED ROW

BURPEES

[SEE ACTUAL WORKOUT HERE.](#)

WEEK 2

DAY 2: FULL BODY

Instructions:

3/2/1 format. Do the first exercise in the group for 3 minutes, the second exercise for 2 minutes, and the third exercise for 1 minute. Rest 2 minutes between groups. When you've completed all three groupings, repeat the whole sequence if you choose.

SHOULDER COMPLEX

SHOULDER PRESS (6 REPS)

FRONT RAISE (6 REPS)

SIDE RAISE (6 REPS)

3 MINUTES

LATERAL HOPS

2 MINUTES

SIDE PLANK HIP PULSES

1 MINUTE

3 WAY LUNGE

3 MINUTES

BURPEES

2 MINUTES

V-UPS

1 MINUTE

GOBLET SQUAT

3 MINUTES

HIGH KNEES

2 MINUTES

AB CIRCLES

1 MINUTE

SEE ACTUAL WORKOUT [HERE](#).

WEEK 2

DAY 3: UPPER

Instructions:

Do each exercise consecutively; finish the first, go immediately to the next. Repeat til all are completed. Take 1 minute of rest after each round. **Do 4-5 total rounds.**

BIRD DOG

8 reps/side

MANMAKER

8 reps

RESISTANCE BAND PULLUPS

10 reps

INCLINE PUSHUPS

12 reps

CURLS WITH PAUSE

8 reps/side

SUPERMAN

8 reps

[SEE ACTUAL WORKOUT HERE.](#)

WEEK 2
DAY 4: LOWER

Instructions:

Do each exercise in traditional weightlifting style.

REVERSE LUNGES

4 sets | 8 reps/side

SQUAT WITH 3S PAUSE

4 sets | 6 reps

GLUTE BRIDGE WITH 10S PAUSE

3 sets | 5 reps

WALL SIT

2 sets | max effort

BENCH SIDEWINDERS

as few as possible | 25 reps/side

[SEE ACTUAL WORKOUT HERE.](#)

WEEK 3

DAY 1: FULL BODY

Instructions:

Complete the first exercise for the specified reps. Then, do as many reps as possible for the second exercise in 40 seconds. Rest for 1 min. Then, go to the next group. Repeat til you've done each grouping 6 times each.

1A: REGULAR PUSHUPS

12 reps

1B: JUMP SQUATS

40

2A: SIDE SHUFFLES

10 steps each way

2B: INVERTED ROW WALL

40 seconds

3A: LUNGES

8 reps/side

3B: PLANK

40 seconds

4A: WALL SIT (MAX OUT)

4B: BURPEES

40 seconds

[SEE ACTUAL WORKOUT HERE](#)

WEEK 3
DAY 2: FULL BODY

Instructions:

Do each exercise consecutively; finish the first, go immediately to the next. Repeat til all are completed. Take 1 minute of rest after each round. Do 4-5 total rounds.

BANDED SHOULDER PRESS

12 reps

CURTSY LUNGE
(OPTIONAL: LUNGE TO SQUAT)

10 reps/side

LYING ROWS WITH TOWEL

8 reps

GOBLET SQUAT

9 reps

LYING LEG RAISE WITH HIP PULSE

12 reps

SIDE TO SIDE TWISTS

15 reps/side

[SEE ACTUAL WORKOUT HERE](#)

WEEK 3

DAY 3: UPPER

Instructions:

Do each exercise in traditional weightlifting style.

INCHWORM

4 sets | 5 walkout reps

DECLINE PUSHUPS

as few as possible | 48 reps

BENT OVER ROW

3 sets | 12 reps

BAND PULLAPARTS

3 sets | 12 reps

HAND RELEASE PUSHUPS

2 sets | 8 reps

SHOULDER TAPS

2 sets | 15 reps/side

SLIDER PIKES

2 sets | 10 reps (can use socks)

[SEE ACTUAL WORKOUT HERE.](#)

WEEK 3
DAY 4: LOWER

Instructions:

Do each exercise in traditional weightlifting style.

REVERSE LUNGES

4 sets | 8 reps

BANDED GOOD MORNING

3 sets | 6 reps

CHAIR HIP RAISES

3 sets | 6 reps

MINIBAND LATERAL TAPS
(BAND OPTIONAL)

3 sets | 8 reps/side

ICE SKATERS

2 sets | 45 seconds as many as possible

V-UPS

2 sets | 15 reps

[SEE ACTUAL WORKOUT HERE.](#)

WEEK 4

DAY 1: FULL BODY

Instructions:

Do the first exercise for 30 seconds. Rest for 30 seconds.

Start the next round: do the first exercise for 30 seconds, then add the second exercise for 30 seconds. Rest.

Do exercise 1 for 30 seconds, then exercise 2 for 30 seconds, then add exercise 3 for 30 seconds.

Continue this process, adding one exercise per round, til you've added all exercises.

At this point, remove exercise 1 (start with exercise 2) and do all the movements. Then, remove exercise 2 as well (start with exercise 3).

Repeat until all you are doing is the final exercise.

WIDE GRIP PUSHUPS

SQUAT WITH PULSE

PLANK V-SPLIT

MID BACK ROW

CHAIR DIPS

LEG RAISES

[SEE ACTUAL WORKOUT HERE.](#)

WEEK 4
DAY 2: FULL BODY

Instructions:

Do each exercise consecutively; finish the first, go immediately to the next. Repeat til all are completed. Take 1 minute of rest after each round. Do 4-5 total rounds.

INCLINE PUSHUPS

12 reps

BULGARIAN SPLIT SQUAT

8 reps/side

BENCH WALKING STEP UPS

8 reps/side

JUMP SQUATS

5 reps

SUPERMAN

8 reps

BURPEE

10 reps

FRONT PLANK

max out

[SEE ACTUAL WORKOUT HERE.](#)

WEEK 4

DAY 3: UPPER

Instructions:

Do each exercise in traditional weightlifting style.

PUSHUP (INCLINE OR DECLINE)

as few as possible | 60 reps

RESISTANCE BAND PULLUP

3 sets | 12 reps

FRONT/SIDE/REAR DELT RAISES

3 sets | 7 reps
(light household object)

CURLS WITH PAUSE

2 sets | 10 reps
(band, DB, household item; Squeeze each rep 2s)

TRICEP BODY EXTENSION

3 sets | 6 reps

MOUNTAIN CLIMBERS

3 sets | 12 reps/side

BENCH SIDEWINDERS

as few as possible | 35 reps

[SEE ACTUAL WORKOUT HERE.](#)

WEEK 4
DAY 4: LOWER

Instructions:

Do each exercise in traditional weightlifting style.

GLUTE BRIDGE WITH 10 SEC PAUSE

4 sets | 5 reps

***CURTSY LUNGE
(BANDED IF POSSIBLE)***

4 sets | 10 reps/side

STEP UPS

3 sets | 6 reps/side

ICE SKATERS

3 sets | 45 seconds

SIDE LEG RAISE

3 sets | 8 reps

SINGLE LEG RDL

2 sets | 8 reps/side

V-UPS

as few as possible | 45 reps

AB CIRCLES

3 sets | 6 reps/side

[SEE ACTUAL WORKOUT HERE.](#)