

# Fitness at Home — Workbook

This workbook turns the course into action. Each section maps to one course module and gives you the exercises, worksheets, and checklists to build, run, and progress your own home routine. Work through it with a pen and your training space nearby, and keep the templates handy so you actually log your sessions.

## Foundations of Effective Home Training

Set up your space, screen yourself for safety, and lock in a warm-up you will repeat before every session.

### Worksheet: Readiness and Baseline Self-Assessment

Complete this before your first workout. If you answer yes to any health-screening question, check with a clinician before starting. Record your baselines so you can measure progress in 12 weeks.

Age

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Do you have any heart, lung, or blood-pressure condition? (yes/no)

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Do you feel chest pain or dizziness during activity? (yes/no)

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Any joint or back injury to work around?

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Max push-ups in one set (any variation, note which)

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Max bodyweight squats in one set

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Longest plank hold in seconds

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Resting heart rate, beats per minute, taken on waking

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Primary goal for the next 12 weeks

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### Worksheet: Home Gym Setup Plan

Plan your training space and starter kit. The aim is a setup you can deploy in under 60 seconds, so be specific about where each item lives.

Room or area chosen for training

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Approximate clear floor space (length by width)

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Ceiling height adequate for jumping and overhead work? (yes/no)

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Equipment to buy and budget (bands, mat, pull-up bar, etc.)

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Equipment I already own to repurpose (chair, backpack, stairs)

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Where gear will be stored so it stays visible

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Planned regular training days and time of day

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### Exercise: Build Your RAMP Warm-Up

Write your own 6-to-8-minute warm-up using the RAMP framework from the course, then perform it once and note how your body felt.

- Raise: which 2-minute activity will you use to lift heart rate and temperature?

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- Activate and Mobilise: list four movements covering hips, shoulders, and spine.

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- Potentiate: which two faster movements will prime you for the workout?

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- After trialling it, how did your joints and muscles feel compared with no warm-up?

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### Checklist: Before Every Workout Checklist

- Water bottle and towel are in the space
- Mat is out and floor is clear of hazards
- Completed the full RAMP warm-up
- Today's planned exercises and target numbers are written down
- I feel well enough to train; no sharp pain or illness

## Building Strength With Bodyweight and Bands

Choose one exercise per movement pattern, set starting numbers, and define how you will apply progressive overload.

### Worksheet: Six-Pattern Exercise Selection

For each fundamental movement pattern, choose one starting exercise that matches your current level and record the variation you will progress toward.

Squat pattern: starting exercise and sets/reps

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Hinge pattern: starting exercise and sets/reps

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Push pattern: starting exercise and sets/reps

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Pull pattern: starting exercise and sets/reps (do not skip this)

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Carry pattern: starting exercise and load

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Core pattern: starting exercise and hold/reps

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Next harder variation planned for each pattern

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### Exercise: Plan a Double-Progression Path

Pick one exercise you want to improve most. Using the double-progression method from the course, map out how you will climb the rep range and then increase difficulty.

- Which exercise are you progressing, and what rep range will you use (for example 8 to 12)?
  - What are your current sets and reps for it today?
  - Which lever will you pull first: reps, tempo, range, or load?
  - What is the next harder variation once you hit the top of the range for all sets?
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### Worksheet: Weekly Volume Planner

Count your planned hard sets per muscle group across the week. Aim for roughly 10 sets per major muscle group to grow, or 4 to 6 to maintain.

Legs (squat plus hinge) total weekly sets

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Chest and shoulders (push) total weekly sets

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Back (pull) total weekly sets

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Core total weekly sets

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Training split chosen (3-day full body or 4-day upper/lower)

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Rest days scheduled this week

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### Checklist: Strength Session Quality Checklist

- Stopped each set 1 to 2 reps before failure to protect form
- Kept spine neutral on hinges and presses
- Breathed out on the effort, in on the return
- Logged sets, reps, and variation for every exercise
- Beat at least one number from the previous matching session

## Cardio and Conditioning at Home

Set your heart-rate zones, design interval and steady-state sessions, and hit the weekly activity guideline.

### Worksheet: Heart-Rate Zone Calculator

Estimate your zones using 220 minus your age, then record the talk-test cue for each so you can train by feel without a monitor.

Estimated maximum heart rate (220 minus age)

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Zone 2 range, 60 to 70 percent, in beats per minute

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Zone 4 to 5 range, 80 to 95 percent, in beats per minute

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Talk-test cue for easy Zone 2 (full sentences)

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Talk-test cue for hard intervals (few words only)

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Weekly cardio target chosen (moderate or vigorous minutes)

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### Exercise: Design a No-Equipment HIIT Session

Build a 15-to-20-minute interval workout you can do in your space. Beginners should start with the 30/30 structure and low-impact options if needed.

- Which interval structure will you use: 30/30, Tabata, or EMOM?

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- List four bodyweight exercises for your circuit.

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- How many rounds will you do, and what is the total time?

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- If impact is a concern, which low-impact swaps will you make?

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### Worksheet: Weekly Cardio Layout (80/20)

Plan your cardio for the week so that roughly 80 percent of the time is easy and 20 percent is hard, following the course layout.

Zone 2 sessions: days, activity, and minutes each

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HIIT session: day and structure

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Active recovery walks: which days

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Full rest day

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Total moderate or vigorous minutes for the week

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## Checklist: Conditioning Week Checklist

- At least two easy Zone 2 sessions completed
- One HIIT session done and kept genuinely hard
- Most cardio time was easy, not hard (80/20 respected)
- Used the talk test to regulate intensity
- Took at least one full rest day

## Flexibility, Recovery, and Lasting Habits

Add a daily mobility flow, audit your recovery, and build the habit systems that keep you training for life.

### Exercise: Assemble Your Daily Mobility Flow

Create an 8-minute mobility routine targeting the areas most affected by sitting. Trial it once and note where you felt the tightest.

- List five movements covering hips, spine, and shoulders.

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• When in your day will you do this flow (for example as a wind-down before bed)?

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• Which area felt tightest when you trialled it?

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• Which stretches will you hold statically after training versus move dynamically before?

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### Worksheet: Recovery Audit

Honestly assess your recovery levers. These often affect results more than adding another workout.

Average nightly sleep hours (target 7 to 9)

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Estimated daily protein in grams (target 1.6 to 2.2 g per kg bodyweight)

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Bodyweight in kilograms (for the protein calculation)

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Number of full rest days per week

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Any signs of under-recovery? (lingering soreness, poor sleep, dread of training)

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One recovery change to make this week

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### Exercise: Build Your Consistency System

Use the behaviour tools from the course to make training automatic. Be specific; vague plans fail.

- Habit stack: which existing daily routine will your workout follow?

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• Implementation intention: write your exact when and where (I will train at \_\_\_ in \_\_\_).

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• Process goal: how many workouts per week will you commit to?

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• How will you track your streak, and what is your never-miss-twice rule?

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## Checklist: 12-Week Habit Checklist

- [ ] Workout is attached to an existing daily cue
- [ ] Training space stays set up to reduce friction
- [ ] Sessions are logged and the streak is visible on a calendar
- [ ] Process goal is written and being acted on weekly
- [ ] Never missed two sessions in a row this month

## Your Action Plan

1. Complete the readiness self-assessment and record your baseline numbers for push-ups, squats, plank, and resting heart rate.
2. Set up your training space and buy or repurpose your starter kit, keeping all gear visible.
3. Write and rehearse your RAMP warm-up so it is automatic before every session.
4. Choose one exercise per movement pattern and record your starting sets and reps.
5. Build a three-day full-body strength week and start logging every set in the tracker.
6. Calculate your heart-rate zones and plan an 80/20 cardio week with one short HIIT session.
7. Add the 8-minute daily mobility flow as a wind-down most evenings.
8. Run an honest recovery audit and fix your weakest lever, usually sleep or protein.
9. Set a weekly process goal and start a visible workout streak with a never-miss-twice rule.
10. At week 12, retest your baselines, take a deload week, and set goals for the next block.











