HOME TRAINING PROGRAM

Chase Livingston
CPT, BCS, CNC

HIGH POWERED
FITNESS TRAINING

HOME TRAINING PROGRAM

DISCLAIMER

This program is not intended to be used for medical advice or replace medical treatment. Chase does not claim to be a medical doctor or practitioner and intends this book to be used for educational and information use only. Please check with your physician before engaging in physical activity. By using this guide, you are assuming all risks associated and release the author from all liability. Although this was written to assist people with losing weight, it does not guarantee results. In most cases, results can be made by adhering to a proper exercise and nutrition program with appropriate supplementation where needed.

HOME TRAINING PROGRAM

Thanks for grabbing my FREE at home Workout program!

Before you dive into this thing, I want you to do me a favor.

1. Define exactly why it's important to you that you become healthy and fit. Why workout to begin with? Why put yourself through pain? Who is going to benefit from you growing strong and healthy?

2. Define what your life will look like 3-5 years down the road if you continue to push this off. What happens if you continue to gain the weight or neglect your health? What happens if you have to buy bigger clothes or go to the doctor for an unwanted disease or ailment? How does that affect those around you? Does it prevent you from doing what you've always wanted?

3. Define what your life will look like in 3-5 years if you take this workout plan seriously and begin to get strong, healthy and more confident. How would it feel to be in the body you desire? To be able to run, jump and move with no restraints. To have people look at you and know that you honor and respect your body.

Write these down. Get clear and specific about your answers. We are not driven by knowledge and information, we are driven by images and emotions. If you can create strong enough pictures related to these images, you will be far more likely to succeed with this program.

The last thing I need you to do before jumping in is commit. Decide right now that you are going to remain committed to this program and bettering your health. Commitment has lost its meaning now days, but the origin of the word meant to "bind oneself" to it. This bond was like cement, it was difficult to break. And if broken, like a vow, it was punishable by death! That's how serious we should be about making these commitments to ourselves!

So don't be passive about this commitment, be assertive about the life you desire for yourself. You deserve to live a strong, healthy, more confident life. But it requires being committed and proactive every day.

Wishing you many blessings on the journey forward and I'm here for anything you might need!

Your trainer for life,
Chase Livingston

HOME TRAINING PROGRAM

WELCOME

This home workout program consist of a 7 day schedule with 6 total workouts. They require minimal equipment, but pack a serious punch for your daily exercise.

There are 2 parts to the workout. The first is a “strength workout” focused on completing sets and reps of a specific exercise for building strength, improving posture and developing lean muscle. The second is a “workout of the day” which is more high intensity focused to get your heart rate up and burn calories.

These workouts should take no longer than 45 minutes and can be modified any way you like. The most important part is you show up daily and put in the work.

Be sure to drink lots of water and consume plenty of protein!

Go crush it and have fun!

EQUIPMENT NEEDED

Dumbbells
(light and heavy sets)

Pull-up Bar

Resistance bands

HOME TRAINING PROGRAM

DAY 1 - PUSH 1

STRENGTH WORK

Weighted Floor Press 4x15
Push-ups / Wall Push-ups 4x20
Weighted Overhead Press 4x15
Bench Assisted Dips 4x15
Sit-Ups 4x15
Lying Reverse Crunch 4x15

WORKOUT OF THE DAY

10 Rounds for time
5 Walking Planks
5 Push-Ups
5 Sit-Ups

DAY 2 - PULL 1

STRENGTH WORK

Inverted Row 4x12-15
Assisted Chin-ups 4x12-15
Weighted High Pull 4x15
Weighted Rear Delt Fly 4x12
Weighted Bicep Curls 4x10each side
Superman's 4x20

WORKOUT OF THE DAY

3 rounds for time
50 Jumping Jacks
10 Burpees

DAY 3 - LEGS 1

STRENGTH WORK

Sumo Squat 4x20
Reverse Lunges 4x10each side
Weighted Sumo Deadlift 4x15
Hip Bridges 4x12-15
Flutter Kicks 4x30seconds
Lying Leg Raises 4x15

WORKOUT OF THE DAY

50-40-30-20-10
Lunges
Jump Rope
Jog in Place 30seconds

DAY 4 - REST

Go for a 30 minute walk and allow your body to recover!

HOME TRAINING PROGRAM

DAY 5 - PUSH 2

STRENGTH WORK

Weighted Chest Fly 3x12
Close Grip Push-ups / Wall 4x15
Pike Push-ups 4x15
Weighted Front Raises 3x10
Crunches 4x20each side
Side Planks 2x30seconds each side

WORKOUT OF THE DAY

EMOM 10
(every minute on the minute for 10 minutes)
10 Sit-Ups
5 Burpees

DAY 6 - PULL 2

STRENGTH WORK

Weighted Rows 4x15
Superman Pulldowns 4x12
ITYs 4x10
Banded Lat Pulldowns 4x15
Russian Twists 4x20each side
Plank Hip Dips 4x15

WORKOUT OF THE DAY

For time
100 jumping Jacks
75 inverted / Trx row
50 mountain climbers
25 walking planks

DAY 7 - LEGS 2

STRENGTH WORK

Air Squats 4x20
Weighted Step-Ups 4x10each side
Hamstring/Glute Kickbacks 4x15each side
Hamstring Walk Outs 4x10each side
Reverse Crunches 4x20
Bent Leg Windshield Wipers 4x10each side

WORKOUT OF THE DAY

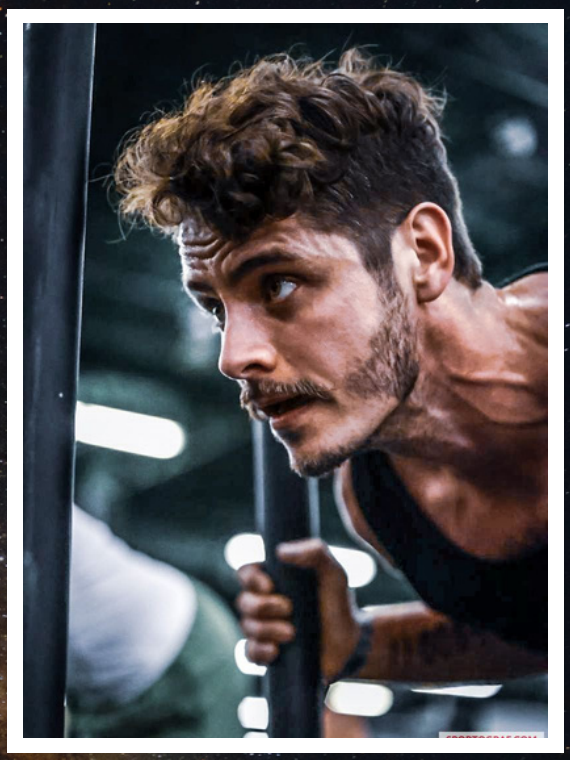
AMRAP 15
(as many rounds as possible for 10 minutes)
100m Run
25 Squats
15 Jackknives
10 Full Body Crunches

GREAT WORK!

Repeat this cycle for 4-6 weeks, then reach out to me!

ABOUT YOUR COACH

CHASE LIVINGSTON



Certified Personal Trainer
Behavioral Change Specialist
Certified Nutrition Coach

Chase is a personal trainer and coach who focuses on teaching personal development through fitness. He is President of High Powered, a nonprofit organization created to make fitness accessible to everyone in the community.

He runs High Powered Fitness Training, an online and in-person training program created to help others grow strong, healthy and confident so they can achieve their goals in life. He is also an author, a speaker and an entrepreneur. He has created a fitness planner and time management system for busy individuals striving to reach higher levels and he also runs a podcast geared to help others connect life principles to health and fitness. He loves to compete in obstacle course races, volunteer in the youth at his church and spend time with his wife and son.

Chase thanks you for taking his course and allowing him to work alongside you on your health and fitness journey. If you enjoyed this challenge, please share your results with a brief testimonial on social media and tag him. Your testimony is the epicenter of Chase's business and can inspire others to make incredible lifestyle changes and become more strong, healthy and confident!

FOLLOW CHASE ON SOCIAL:
@chaseinspires