



HOME WORKOUT GUIDE





Welcome to the Fleur Fitness Home Workout Guide!


This guide combines isolated and compound movements that anyone can do from home. The exercises in this guide are listed with dumbbells, kettlebells and resistance bands, but can also be done as simple bodyweight movements.

Any exercise can be modified for your personal fitness needs or level. Please do not hesitate to contact me with any questions.

Available for one-on-one personal training, online or in-person. Contact information is below.








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Heather Burdett is a NASM Certified Personal Trainer with 5 years experience in the fitness industry. She has a passion for health & fitness and loves helping others achieve their goals.

DAY	PHOTO	EXERCISE	SETS	REPS	NOTES
DAY 1 LOWER BODY		Dumbbell Straight Leg Deadlift	3	15	<ol style="list-style-type: none"> 1) When performing this deadlift, ensure that your back is safe by keeping your chest up and a slightly arched in your back as you lower the weight. 2) For the straight leg deadlift, keep legs straight, but don't lock out the knees.
		Single Leg Glute Bridge	3	15	<ol style="list-style-type: none"> 1) For this exercise, lie on your back. Keep your tummy tight and squeeze your glutes to lift. 2) Start with one leg off the ground and held above your body. 3) Throughout the exercise, try to keep your hips even.
		Dumbbell Split Squat	3	15	<p>15 reps each leg</p> <ol style="list-style-type: none"> 1) When performing this exercise, ensure that your knee, feet and hip are in line. 2) With your feet hip-width apart, place the instep of your rear foot on a bench. Your feet should be approximately three feet apart. 3) Lower your hips toward the floor so that your rear knee comes close to the floor. 4) Pause and drive through your front heel to return to the starting position. 5) Repeat
		Dumbbell Squat	3	15	<ol style="list-style-type: none"> 1. Stand with your feet shoulder-width apart, holding a dumbbell in each hand, arms hanging down both sides. 2. With your back straight, descend down until your thighs are parallel to the floor, making sure toes are pointed slightly outward. 3. Slowly return to starting position. 4. Repeat.
		Dumbbell Walking Lunge	3	10	<p>10 reps each leg</p> <ol style="list-style-type: none"> 1) When performing your lunges, ensure that your upper body stays over top of your back knee. 2) Front knee doesn't reach forward over top of your front toes.
		Floor Glute Kickback	3	15	<p>15 reps each leg; can put the DB behind the knee or use a hip circle band if preferred</p> <ol style="list-style-type: none"> 1. Begin on all fours with knees and hands on the floor. 2. Kick one leg back and up with a 90-degree angle at the knee, pushing your foot towards the ceiling. 3. Lower it back down, bringing the knee towards your chest again and repeat.
		Side Lunge	3	15	<p>15 reps each leg alternating</p> <ol style="list-style-type: none"> 1) When performing the side lunge, ensure that one leg is straight and your foot knee and hip are aligned on the side that you step up to. 2) Also, sit your hips back and keep your bodyweight in your heel on the side that you lunge to.







***Rest 30 seconds between each set; 2 minutes in between supersets**

DAY	PHOTO	EXERCISE	SETS	REPS	NOTES
DAY 2 UPPER BODY		Dumbbell Standing Row	3	15	1) When performing this exercise, maintain a safe back by arching or keeping a neutral spine throughout the exercise. 2) The position will similar to that of the deadlift. 3) Grab the dumbbell and pull it to your stomach, retracting your shoulder blade and flexing the elbow. 4) Lower and Repeat.
		Resistance Band Bicep Curl	3	15	1) Stand with both feet on resistance band holding handles long next to your sides 2) Slowly curl hands up to shoulders, squeezing biceps and keeping elbows next to your sides. 3) Slowly release arms back down to starting position. 4) Repeat.
		Dumbbell Seated Shoulder Press	3	15	Start with both dumbbells positioned to each side of the shoulders with at a 90 degree fashion. Press dumbbells upwards until arms are extended overhead. Lower and repeat.
		Push Up	3	Failure	1.Lie with your chest facing down, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight. 2.Push your body upwards and straighten your arms. 3.Lower your body returning to starting position. 4.Repeat.
		Dumbbell Flat Bench or Floor Chest Fly	3	15	1.Lie on a flat bench or floor with a dumbbell in each hand, arms extended with a slight bend in your elbows. 2.Lower the dumbbells to the sides of your body in an arc-like motion until your elbows are at the same level of the bench. 3.Bring the weights back above your chest. 4.Repeat.
		Dumbbell Overhead Tricep Extension	3	15	1) For this exercise, keep your elbows pointing straight up to the ceiling and in line with one another. 2) Arm should be parallel and in line with your ear when you extend over top of your head as well as in the downward position.

***Rest 30 seconds between each set; 2 minutes in between supersets**

DAY	PHOTO	EXERCISE	SETS	REPS	NOTES
DAY 3 TOTAL BODY		Kettlebell Goblet Squat	3	15	<p>SUPERSET WITH NEXT EXERCISE</p> <ol style="list-style-type: none"> 1) When performing the squat, ensure that your feet are set shoulder-width apart. 2) As you descend into the squat, make sure your toes, knees, and hips maintain alignment. 3) As you sit back, make sure your body weight shifts into your heels. 4) Keep your chest and upper body held in a neutral position or with a slight arch.
		Dumbbell Alternating Reverse Lunge	3	15 each leg	<ol style="list-style-type: none"> 1) Step backward into a lunge position ensuring that your body is over top of your back knee. 2) Keep all your joints in your lower body at 90 degrees at the bottom of the lunge. 3) Step forward returning to the start position with feet side by side. 4) Repeat by stepping back with the opposite foot to the side you just did. 5) Repeat alternating sides.
		Squat Jump	3	15	<ol style="list-style-type: none"> 1) When performing a squat jump, start in a squat position. 2) You'll jump up and when you land, you'll sit back into another squat position. 3) Keep your back up in a neutral or slightly arched position. 4) Land softly in a knee bend.
		Stability Ball Hamstring Curl with Glute Bridge	3	15	<ol style="list-style-type: none"> 1) Place the back of heels on the stability ball, with arms out to the side of your body palms facedown on the floor. 2) With abdominals engaged and core active, and legs straight, lift your hips off the ground slowly. Lift to the point that your body becomes a straight line. 3) While keeping your glutes and abdominals engaged, bend your knees to roll the ball towards you. 4) Roll the ball back to the start position whilst keeping your hips up. 5) Lower hips to starting position. Repeat. <p>*If you don't have access to a stability, you can use sliders or towels under your heels.</p>
		Single Leg Glute Bridge	3	15 each leg	<ol style="list-style-type: none"> 1) For this exercise, lie on your back. Keep your tummy tight and squeeze your glutes to lift. 2) Start with one leg off the ground and held above your body. 3) Throughout the exercise, try to keep your hips even.
		Dumbbell Bench or Floor Press	3	15	<ol style="list-style-type: none"> 1) Lay on a flat bench or floor with dumbbells in each hand. 2) Bend your elbows at a 90-degree angle so that your forearms are perpendicular to the ground. 3) Press the weights upward until the two weights meet at the top. 4) Pause and lower back to the start position.
		Seated Reverse Fly	3	15	<ol style="list-style-type: none"> 1) While performing the reverse fly, imagine that you are trying to squeeze a grape between your shoulder blades. 2) Keep your arms mostly straight with a soft elbow bend. 3) Then forward.
		Bench or Chair Dip	3	15	<ol style="list-style-type: none"> 1) When performing dip on the bench, keep your elbows pointing straight behind you. 2) Keep your body as close to the bench as possible as you dip down.

**Rest 30 seconds between each set; 2 minutes in between supersets*

DAY	PHOTO	EXERCISE	SETS	REPS	NOTES
DAY 4 TOTAL BODY		Mountain Climber	3	20 seconds	<p>This workout is a circuit. You will do all exercises for the time/reps allotted, rest for 3 minutes, then repeat the circuit for a total of 3 rounds.</p> <ol style="list-style-type: none"> 1) Begin in a pushup position, with your weight supported by your hands and toes. 2) Flexing the knee and hip, bring one leg until the knee is approximately under the hip. This will be your starting position. 3) Explosively reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other foot up with the hip and knee flexed. 4) Repeat in an alternating fashion for 20-30 seconds
		Dumbbell Bicep Curl	3	15	<ol style="list-style-type: none"> 1) Stand up straight with arms hanging and dumbbells in both hands, palms facing in. 2) Curl dumbbells for both arms at once, twisting your wrists on the way up and keeping your elbows still. 3) Slowly lower repeat.
		Full Plank	3	30 seconds	<ol style="list-style-type: none"> 1) When performing this exercise, you'll want to maintain an active core which means glutes and abdominals on holding neutral spine. 2) Place your hands directly below your shoulders and maintain throughout. 3) Lie face down on a mat with your legs straight, feet together, hands on the floor. 4) Raise your body up into the top of a push-up position, on your hand and toes. Keep your back flat by drawing in your abdominals, and squeezing your glutes. Hold this neutral spine position actively.
		High Knee Run	3	20 seconds	<ol style="list-style-type: none"> 1) Bring your knees to your hands rather than your hands to your knees. 2) Do the desired number of repetitions
		Dumbbell Bench or Floor Press	3	15	<ol style="list-style-type: none"> 1) Lay on a flat bench or floor with dumbbells in each hand. 2) Bend your elbows at a 90-degree angle so that your forearms are perpendicular to the ground. 3) Press the weights upward until the two weights meet at the top. 4) Pause and lower back to the start position.
		Inchworm Walk	3	5	<ol style="list-style-type: none"> 1) Get into a plank position on your hands and toes, with arms straight, and core engaged. 2) With very small steps from your ankles and hips, while keeping your knees straight, move your lower body forward. Try to keep your tailbone tipped up to the ceiling as best you can. 3) Once you've gone as far as you can without bending your knees, set your feet in place. Then start walking your hands out in little steps until you've returned to a plank position. 4) Repeat.