Shaping You

Home Workout Guide

SIMPLE AT-HOME STRENGTH, SHAPE, AND FAT-LOSS SUPPORT FOR WOMEN

- Beginner to Advanced
- Full-Body Plans
- Core & Posture Support
- Home-Friendly Equipment

A FREE COMPANION RESOURCE

Smart Use Notice

A SIMPLE EDUCATIONAL FITNESS RESOURCE — READ THIS FIRST

1 What This Guide Is

- This guide is an educational fitness resource, not medical advice.
- Results vary.

2 When To Stop

- Stop if you feel sharp pain, chest pain, dizziness, unusual symptoms, or feel unsafe.
- If symptoms feel unusual or unsafe, pause and seek appropriate medical guidance.

3 When To Modify

- Modify for injuries, pregnancy, postpartum recovery, medical history, or physical limitations.
- Use lighter resistance, fewer reps, or more support when needed.

4 Keep It Sustainable

- Listen to your body and respect your limits.
- Consistency, recovery, and good habits create lasting results.

TRAIN WITH CONTROL. PROGRESS WITH PATIENCE.

How To Use This Guide

CHOOSE YOUR STARTING LANE, BUILD CONSISTENCY, AND PROGRESS ONLY WHEN REPS ARE CLEAN.

LEVEL 1
Beginner / Restarting

Best if you are new to exercise, low on energy, or getting back into a routine.

- Build Confidence
- Focus on Consistency
- Start Gently

LEVEL 2
Intermediate

Best if you have some exercise experience and want a balanced full-body plan.

- Build Strength
- Improve Endurance
- Stay Consistent

LEVEL 3
Advanced

Best if you can train with more control, more effort, and more weekly volume.

- Increase Intensity
- Build Strength
- Progress Smartly

HOW TO USE THIS GUIDE

1. Pick your level.
2. Start with 2 sessions per week.
3. Add walking and mobility.
4. Progress only when reps are clean.
5. Do not chase soreness — repeat the plan long enough to improve.

CONSISTENCY BEATS INTENSITY YOU CANNOT REPEAT.

The Home Workout Rules

SIMPLE PRINCIPLES THAT MAKE YOUR PLAN SAFER, MORE EFFECTIVE, AND EASIER TO REPEAT

1

Warm up first

Prepare your joints, core, and glutes before harder work.

2

Use clean reps

Move with control and stop short of sloppy form.

3

Train full body

Build strength across your legs, glutes, core, back, chest, and shoulders.

4

Progress slowly

Add reps, then sets, then resistance over time.

5

Rest enough

Recover between sets so you can keep quality high.

6

Track what you repeat

Small notes help you see progress and stay consistent.

7

Strength supports shape during weight loss

Lifting helps support muscle, posture, and overall body composition.

> *"The goal is not to destroy yourself. The goal is to repeat the plan."*

CONSISTENT HABITS. STRONG BODY. CONFIDENT YOU.

Warm-Up & Form Prep

5 – 7 MINUTES TO RAISE TEMPERATURE, PREPARE JOINTS, ACTIVATE GLUTES & CORE, AND IMPROVE MOVEMENT QUALITY

Primary = bold highlight | Secondary = lighter highlight

1 March in Place

- **Primary:** Hip flexors, calves
- **Secondary:** Shoulders, core
- 30–45 sec
- **Rest:** 15 sec
- **Cue:** Stay tall and swing arms naturally.

2 Shoulder Rolls

- **Primary:** Deltoids, upper traps
- **Secondary:** Upper back
- 8–10 each direction
- **Rest:** 10–15 sec
- **Cue:** Move smoothly, keep neck relaxed.

3 Hip Circles

- **Primary:** Glute medius, hip rotators
- **Secondary:** Core, adductors
- 8–10 each direction
- **Rest:** 10–15 sec
- **Cue:** Keep ribs stacked over hips.

4 Bodyweight Good Mornings

- **Primary:** Hamstrings, glutes
- **Secondary:** Lower back, core
- 8–10 reps
- **Rest:** 15 sec
- **Cue:** Hinge at the hips, keep spine long.

5 Chair Squats

- **Primary:** Quads, glutes
- **Secondary:** Hamstrings, core
- 8–10 reps
- **Rest:** 15–20 sec
- **Cue:** Sit back softly, drive through heels.

6 Glute Bridges

- **Primary:** Glutes
- **Secondary:** Hamstrings, core
- 8–10 reps
- **Rest:** 15–20 sec
- **Cue:** Squeeze glutes at the top.

7 Bird Dog

- **Primary:** Core, glutes
- **Secondary:** Shoulders, lower back
- 6–8 per side
- **Rest:** 15–20 sec
- **Cue:** Reach long and keep hips level.

A STRONG START BUILDS A STRONG WORKOUT

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Level 1 Beginner Full-Body Routine

FOR WOMEN WHO ARE NEW TO EXERCISE, LOW ON ENERGY, OR RESTARTING

Start with 2 to 3 sessions per week. Move with control, rest as needed, and repeat the same plan long enough to improve.

Level 1 Plan

- Frequency: 2–3x per week
- Sets: 1–2
- Reps: 8–12 reps or 20–30 sec
- Rest: 45–90 sec
- Goal: Build confidence and consistency

Primary muscles = bold heat map.
Secondary muscles = lighter heat map.

1 Chair Squat

Primary: Quads, glutes
Secondary: Hamstrings, core
1–2 x 8–12
Rest 45–75 sec
Cue: Sit back softly and drive through heels.

2 Wall Push-Up

Primary: Chest, triceps
Secondary: Shoulders, core
1–2 x 8–12
Rest 45–75 sec
Cue: Keep body straight and elbows angled back.

3 Glute Bridge

Primary: Glutes
Secondary: Hamstrings, core
1–2 x 10–12
Rest 45–75 sec
Cue: Squeeze glutes at the top.

4 Band Row or Towel Row

Primary: Upper back, lats
Secondary: Biceps, rear shoulders
1–2 x 8–12
Rest 45–75 sec
Cue: Pull elbows back, chest open.

5 Dead Bug

Primary: Deep core
Secondary: Hip flexors, shoulders
1–2 x 6–10 each side
Rest 45–60 sec
Cue: Keep ribs down and move slowly.

6 Standing Calf Raise

Primary: Calves
Secondary: Feet and ankles
1–2 x 10–15
Rest 45–60 sec
Cue: Lift tall, lower slowly.

7 March in Place Finisher

Primary: Hip flexors, calves
Secondary: Core, shoulders
1–2 x 20–30 sec
Rest 30–45 sec
Cue: Stay tall and swing arms naturally.

Simple Weekly Rhythm

- **Day 1** — Full-body routine
- **Day 2** — Walk + mobility
- **Day 3** — Full-body routine

Add a third strength day if recovery feels good.

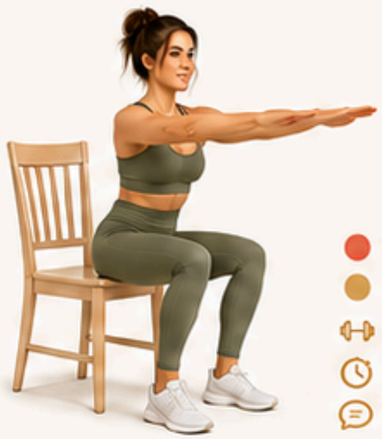
START GENTLY. STAY CONSISTENT. BUILD MOMENTUM.

Level 1 Exercise Visuals

BEGINNER MOVES WITH CLEAR FORM CUES AND ACTIVE-MUSCLE HEAT MAPS

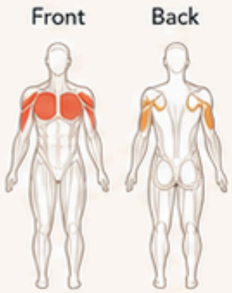
Primary = bold highlight. | Secondary = lighter highlight.

1 Chair Squat



- Primary: Quads, glutes
- Secondary: Hamstrings, core
- 1–2 x 8–12
- Rest 45–75 sec
- Cue: Sit back softly and keep knees tracking over toes.

2 Wall Push-Up

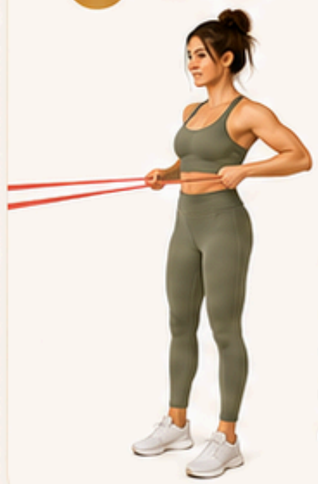


- Primary: Chest, triceps
- Secondary: Shoulders, core
- 1–2 x 8–12
- Rest 45–75 sec
- Cue: Keep a straight line from head to heel.

3 Glute Bridge

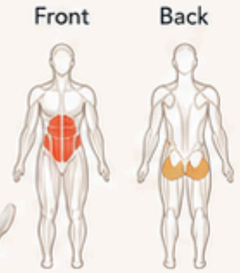
- Primary: Glutes
- Secondary: Hamstrings, core
- 1–2 x 10–12
- Rest 45–60 sec
- Cue: Press through heels and squeeze at the top.

4 Band Row



- Primary: Upper back, lats
- Secondary: Biceps, rear shoulders
- 1–2 x 8–12
- Rest 45–75 sec
- Cue: Pull elbows back without shrugging.

5 Dead Bug



- Primary: Deep core
- Secondary: Hip flexors, shoulders
- 1–2 x 6–10 each side
- Rest 45–60 sec
- Cue: Keep low back gently anchored.

6 March in Place

- Primary: Hip flexors, calves
- Secondary: Core, shoulders
- 1–2 x 20–30 sec
- Rest 30–45 sec
- Cue: Stay tall and breathe steadily.

> *Confidence grows when form gets cleaner.*

Level 2 Intermediate Full-Body Routine

FOR WOMEN WITH SOME EXERCISE EXPERIENCE WHO WANT A BALANCED FULL-BODY PLAN

Train 3 times per week. Build strength with controlled reps, then progress slowly with added reps or resistance.

Level 2 Plan

- Frequency: 3x per week
- Sets: 2–3
- Reps: 8–12 reps
- Rest: 60–90 sec
- Goal: Build strength and endurance

- Primary muscles = bold heat map.
- Secondary muscles = lighter heat map.

1 Goblet Squat

- Primary: Quads, glutes
- Secondary: Core, hamstrings
- 2–3 x 8–12
- Rest 60–90 sec
- Cue: Hold the weight close and keep chest tall.

2 Incline Push-Up

- Primary: Chest, triceps
- Secondary: Shoulders, core
- 2–3 x 8–12
- Rest 60–90 sec
- Cue: Lower with control and keep body straight.

3 Dumbbell Romanian Deadlift

- Primary: Hamstrings, glutes
- Secondary: Lower back, core
- 2–3 x 8–12
- Rest 60–90 sec
- Cue: Hinge at the hips, keep the dumbbells close.

4 One-Arm Dumbbell Row

- Primary: Lats, upper back
- Secondary: Biceps, rear shoulders
- 2–3 x 8–12 each side
- Rest 60–90 sec
- Cue: Pull elbow toward hip.

5 Reverse Lunge or Step-Up

- Primary: Quads, glutes
- Secondary: Hamstrings, calves
- 2–3 x 8–10 each side
- Rest 60–90 sec
- Cue: Push through the front heel.

6 Plank

- Primary: Core
- Secondary: Shoulders, glutes
- 2–3 x 20–40 sec
- Rest 60 sec
- Cue: Brace abs and keep hips level.

7 Farmer Carry

- Primary: Grip, core
- Secondary: Shoulders, upper back
- 2–3 x 20–40 sec
- Rest 60–75 sec
- Cue: Walk tall and keep ribs stacked.

Simple Weekly Rhythm

Day 1
Full-body

Follow the Level 2 routine above, in order.

Day 2
Walk + mobility

30–45 min easy walk and 10–15 min mobility or stretching.

Day 3
Full-body

Repeat the Level 2 routine. Focus on control and consistent form.

Optional Day 4:

easy walk or recovery mobility.

CONTROL THE REPS. EARN THE PROGRESSION.

Level 2 Exercise Visuals

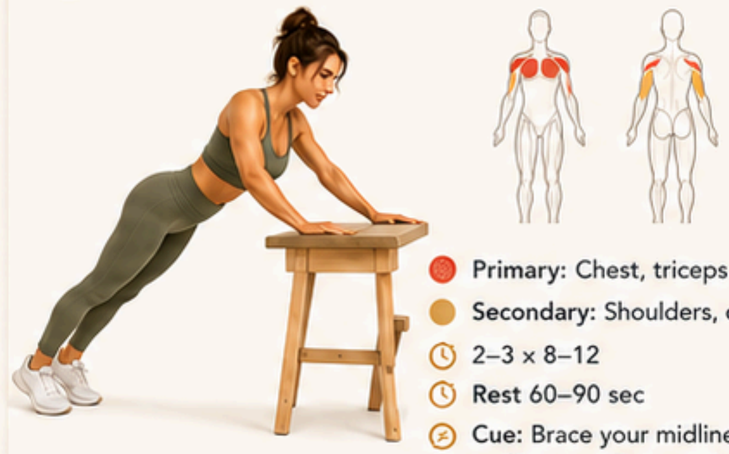
INTERMEDIATE MOVES WITH CLEAR FORM CUES AND ACTIVE-MUSCLE HEAT MAPS

Primary = bold highlight. | Secondary = lighter highlight.

1 Goblet Squat

- **Primary:** Quads, glutes
- **Secondary:** Core, hamstrings
- 2–3 x 8–12
- **Rest** 60–90 sec
- **Cue:** Sit down between the hips and keep chest lifted.

2 Incline Push-Up



- **Primary:** Chest, triceps
- **Secondary:** Shoulders, core
- 2–3 x 8–12
- **Rest** 60–90 sec
- **Cue:** Brace your midline and lower with control.

3 Dumbbell Romanian Deadlift

- **Primary:** Hamstrings, glutes
- **Secondary:** Lower back, core
- 2–3 x 8–12
- **Rest** 60–90 sec
- **Cue:** Hinge back and keep shins mostly vertical.

4 One-Arm Dumbbell Row

- **Primary:** Lats, upper back
- **Secondary:** Biceps, rear shoulders
- 2–3 x 8–12 each side
- **Rest** 60–90 sec
- **Cue:** Pull elbow back without twisting.

5 Step-Up

- **Primary:** Quads, glutes
- **Secondary:** Hamstrings, calves
- 2–3 x 8–10 each side
- **Rest** 60–90 sec
- **Cue:** Drive through the full foot on the step.

6 Plank

- **Primary:** Core
- **Secondary:** Shoulders, glutes
- 2–3 x 20–40 sec
- **Rest** 60 sec
- **Cue:** Squeeze glutes and keep a straight line.

"Stronger form makes harder training safer."

Level 3 Advanced Full-Body Routine

FOR WOMEN WHO CAN TRAIN WITH MORE CONTROL, MORE EFFORT, AND MORE WEEKLY VOLUME

Train 3 to 4 times per week. Keep quality high, rest enough, and use progress you can repeat.

Level 3 Plan

Frequency:
3–4x per week

Sets:
3–4

Reps:
6–12 reps

Rest:
60–120 sec

Goal:
Build strength with more control and intensity

Primary muscles = bold heat map. Secondary muscles = lighter heat map.

1 Bulgarian Split Squat

- Primary: Quads, glutes
- Secondary: Hamstrings, core
- 3–4 x 6–10 each side
- Rest 60–120 sec
- Cue: Drop straight down and drive through the front foot.

2 Push-Up or Dumbbell Chest Press

Use Push-Up.

- Primary: Chest, triceps
- Secondary: Shoulders, core
- 3–4 x 6–12
- Rest 60–120 sec
- Cue: Keep body in one line and lower with control.

3 Dumbbell Romanian Deadlift

- Primary: Hamstrings, glutes
- Secondary: Lower back, core
- 3–4 x 8–12
- Rest 60–120 sec
- Cue: Hinge deep without rounding.

4 Dumbbell Row

- Primary: Lats, upper back
- Secondary: Biceps, rear shoulders
- 3–4 x 8–12 each side
- Rest 60–90 sec
- Cue: Pull elbow toward hip and pause.

5 Hip Thrust

- Primary: Glutes
- Secondary: Hamstrings, core
- 3–4 x 8–12
- Rest 60–90 sec
- Cue: Tuck ribs slightly and lock out with glutes.

6 Side Plank

- Primary: Obliques, deep core
- Secondary: Shoulders, glutes
- 3 x 20–40 sec each side
- Rest 60 sec
- Cue: Lift hips and stay long through the body.

7 Low-Impact Finisher: March + Squat Intervals

- Primary: Quads, glutes, calves
- Secondary: Core, shoulders
- 2–4 rounds of 20–30 sec work
- Rest 30–60 sec
- Cue: Keep the pace brisk but controlled.

Simple Weekly Rhythm

Day 1
Full-body

Day 2
Walk or mobility

Day 3
Full-body

Day 4
Optional full-body or easy conditioning

TRAIN HARD ENOUGH TO GROW. RECOVER ENOUGH TO REPEAT.

Level 3 Exercise Visuals

ADVANCED MOVES WITH CLEAR FORM CUES, MODIFICATIONS, AND ACTIVE-MUSCLE HEAT MAPS

Primary = bold highlight. | Secondary = lighter highlight

1 Bulgarian Split Squat

- **Primary:** Quads, glutes
- **Secondary:** Hamstrings, core
- 3–4 x 6–10 each side
- Rest 60–120 sec
- **Cue:** Drop straight down and drive through the front foot.
- **Modification:** Reverse lunge.

2 Push-Up

- **Primary:** Chest, triceps
- **Secondary:** Shoulders, core
- 3–4 x 6–12
- Rest 60–120 sec
- **Cue:** Keep body in one line and lower with control.
- **Modification:** Incline push-up.

3 Dumbbell Romanian Deadlift

- **Primary:** Hamstrings, glutes
- **Secondary:** Lower back, core
- 3–4 x 8–12
- Rest 60–120 sec
- **Cue:** Hinge back and keep the spine long.
- **Modification:** Use lighter dumbbells.

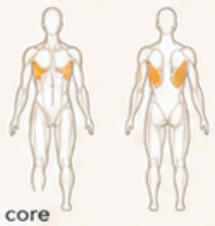
4 Hip Thrust

- **Primary:** Glutes
- **Secondary:** Hamstrings, core
- 3–4 x 8–12
- Rest 60–90 sec
- **Cue:** Tuck ribs slightly and lock out with glutes.
- **Modification:** Glute bridge.

5 Side Plank

- **Primary:** Obliques, deep core
- **Secondary:** Shoulders, glutes
- 3 x 20–40 sec each side
- Rest 60 sec
- **Cue:** Lift hips and stay long through the body.
- **Modification:** Bent-knee side plank.

6 Farmer Carry



- **Primary:** Grip, core
- **Secondary:** Shoulders, upper back
- 3 x 20–40 sec
- Rest 60–75 sec
- **Cue:** Walk tall and keep ribs stacked.
- **Modification:** Carry one dumbbell or shorten distance.

> *"Control first. Intensity second."*

Core Confidence: The Lower-Belly Support Plan

BUILD CORE CONTROL, POSTURE, AND LOWER-ABDOMINAL AWARENESS — NO SPOT-REDUCTION PROMISES

This plan supports overall fat-loss momentum when paired with walking, nutrition consistency, and full-body strength training.

Core Confidence Plan

- Frequency: 2–4x per week
- Sets: 2–3
- Reps: 8–12 reps or 20–30 sec
- Rest: 45–60 sec
- Focus: Core control, posture, and slow reps

Primary muscles = bold heat map.
Secondary muscles = lighter heat map.

1 Dead Bug

- Primary: Deep core
- Secondary: Hip flexors, shoulders
- 2–3 x 6–10 each side
- Rest 45–60 sec
- Cue: Keep ribs down and low back gently anchored.

2 Reverse Crunch

- Primary: Deep core, lower abs
- Secondary: Hip flexors
- 2–3 x 8–12
- Rest 45–60 sec
- Cue: Curl the pelvis up slowly, do not swing.

3 Bird Dog

- Primary: Core, glutes
- Secondary: Shoulders, lower back
- 2–3 x 6–8 each side
- Rest 45–60 sec
- Cue: Reach long and keep hips level.

4 Side Plank

- Primary: Obliques, deep core
- Secondary: Shoulders, glutes
- 2–3 x 20–30 sec each side
- Rest 45–60 sec
- Cue: Lift the waist and stay long.

5 Glute Bridge

- Primary: Glutes
- Secondary: Hamstrings, core
- 2–3 x 10–12
- Rest 45–60 sec
- Cue: Press through heels and squeeze at the top.

6 Brisk Walk or March Finisher

- Primary: Hip flexors, calves
- Secondary: Core, glutes
- 10–20 min or 2–3 x 30 sec if marching in place
- Rest as needed
- Cue: Stay tall and keep the pace easy to moderate.

Ribs down | Pelvis controlled | Slow reps | Walk often

"Core control supports confidence."

Arms, Shoulders, and Posture Plan

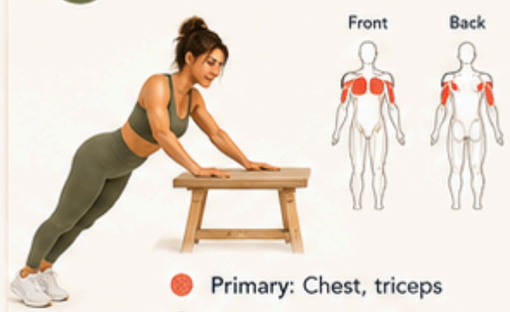
UPPER-BODY STRENGTH, BETTER POSTURE, AND CONTROLLED TONING WORK

Upper-Body Plan

- Frequency: 2–3x per week
- Sets: 2–3
- Reps: 8–12 reps
- Rest: 45–75 sec
- Focus: Controlled tempo, no swinging

Primary muscles = bold heat map.
Secondary muscles = lighter heat map.

1 Incline Push-Up



- Primary: Chest, triceps
- Secondary: Shoulders, core
- 2–3 x 8–12
- Rest 45–75 sec
- Cue: Lower with control and keep body straight.

2 Dumbbell Shoulder Press

- Primary: Deltoids, triceps
- Secondary: Upper chest, core
- 2–3 x 8–12
- Rest 60 sec
- Cue: Press up without arching the low back.

3 Lateral Raise

- Primary: Side deltoids
- Secondary: Upper traps
- 2–3 x 10–15
- Rest 45–60 sec
- Cue: Raise to shoulder height with soft elbows.

4 Band Row

- Primary: Upper back, lats
- Secondary: Biceps, rear shoulders
- 2–3 x 8–12
- Rest 45–75 sec
- Cue: Pull elbows back without shrugging.

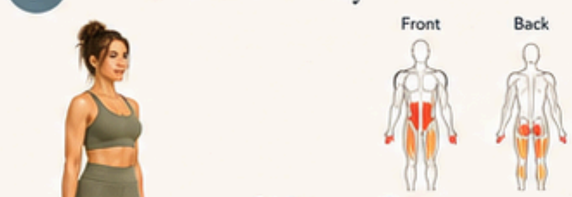
5 Biceps Curl

- Primary: Biceps
- Secondary: Forearms
- 2–3 x 8–12
- Rest 45–60 sec
- Cue: Keep elbows pinned and lower slowly.

6 Overhead Triceps Extension

- Primary: Triceps
- Secondary: Shoulders, core
- 2–3 x 8–12
- Rest 45–60 sec
- Cue: Keep elbows close and avoid flaring wide.

7 Farmer Carry



- Primary: Grip, core
- Secondary: Shoulders, upper back
- 2–3 x 20–40 sec
- Rest 60 sec
- Cue: Walk tall and keep ribs stacked.

Shoulders down | Chest open | Ribs stacked | Tempo controlled

"Strong posture changes the whole look."

Low-Impact HIIT For Fat-Loss Momentum

USE INTERVALS TO SUPPORT CONDITIONING AND CALORIE BURN — WITHOUT REPLACING STRENGTH WORK

Low-impact options work well for many beginners, and recovery still matters.

HIIT Structure

Frequency:
1–2x per week to start

Beginner:
20 sec work / 40–60 sec rest / 2 rounds

Intermediate:
30 sec work / 30–45 sec rest / 3 rounds

Advanced:
40 sec work / 20–30 sec rest / 3–4 rounds

Goal:
Support conditioning and calorie burn

Do not do HIIT every day.
Strength training stays the foundation.

1 March or Step Jacks

- Primary: Calves, hip flexors
- Secondary: Shoulders, core
- 20–40 sec
- Cue: Stay light and keep rhythm easy.

2 Squat to Chair

- Primary: Quads, glutes
- Secondary: Hamstrings, core
- 20–40 sec
- Cue: Sit back softly and drive through heels.

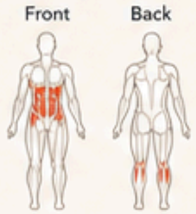
3 Step-Ups

- Primary: Quads, glutes
- Secondary: Hamstrings, calves
- 20–40 sec
- Cue: Push through the full foot.

4 Shadow Boxing

- Primary: Shoulders, chest
- Secondary: Core, calves
- 20–40 sec
- Cue: Punch fast but stay relaxed.

5 Mountain Climber Modification



- Primary: Core, shoulders
- Secondary: Hip flexors, chest
- 20–40 sec
- Cue: Move with control and keep hands planted.

6 Glute Bridge

- Primary: Glutes
- Secondary: Hamstrings, core
- 20–40 sec
- Cue: Lift and squeeze without rushing.

Sample Round:

1. March
2. Squat to Chair
3. Step-Ups
3. Shadow Boxing
6. Mountain Climber Mod
6. Glute Bridge

"Brisk, low-impact work can still challenge you."

Weekly Schedule + Sources & Resources

PUT THE PLAN INTO A SIMPLE WEEK — THEN KEEP THE FOUNDATION EVIDENCE-BASED

Primary = bold highlight. | Secondary = lighter highlight.

Weekly Schedule Examples

Beginner

- 2 strength days
- 3 walks
- 1 mobility day
- 1 full rest day

M T W T F S S

Intermediate

- 3 strength days
- 3–5 walks
- 1 optional HIIT day
- 1 mobility or recovery day

M T W T F S S

Advanced

- 3–4 strength days
- 3–5 walks
- 1–2 conditioning or HIIT sessions
- Recovery built in

M T W T F S S

Start with the smallest repeatable version of the plan.

Sources & Resources

- ACSM: General resistance-training guidance, sets, reps, and progression
- HHS Physical Activity Guidelines for Americans: Weekly activity targets for adults
- CDC Adult Physical Activity Basics: Movement and activity recommendations
- NSCA: Strength-training principles and progression basics
- Mayo Clinic: General exercise safety and practical form reminders
- Cleveland Clinic: Exercise basics, mobility, and recovery context

This guide uses general fitness education, not individualized medical advice.

Keep It Repeatable

Train
Build strength.
Keep it consistent.

Walk
Move often.
Support your health.

Recover
Rest, refuel, and reset.

Repeat
Small habits.
Big results.

"The best plan is the one you can keep doing."

Take Your Results Further

Your free 15-page fitness guide gives you the foundation—core workouts, smart progression, and a weekly structure that fits your life.

The full GLP-1 Glow-Up Guide takes you further with the complete support your body and confidence need while the weight comes off and your new you takes shape.

THE FULL GUIDE HELPS YOU:

- **Protect your final look** with skin, hair, body care & confidence strategies.
- **Support your shape** with strength, walking, posture, core control & recovery tools.
- **Nourish your body** with practical nutrition guidance that works with GLP-1.
- **Elevate your style** with wardrobe, shopping & personal style support.
- **Build confidence** with mindset, boundaries & self-image tools that last.
- **Protect your progress** with routines, scripts & habits that help you stay consistent.

Get the Full GLP-1 Glow-Up Guide >

Tap or click the button in the PDF to purchase.

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