



STEFFI CHANNEL FITNESS

HOME

GUIDE



LET'S GET FIT TOGETHER

AT HOME WORKOUT GUIDE

This Home workout guide consists of 4 days of working out at home or on the go without equipment. Each day will target a sepcific area of your body to help tone and gain lean muscle.

AB DAY

Sit -ups
Reverse crunches
Bicycles crunches
Leg raises
Plank
Russian twists
Legs in and out

Repeat all exercises 30 x 3 times



LEG DAY

Squats
Split squats
Lunges
Curtsy lunges
Calf raises
Side leg raises
Wall sits

Repeat all exercises 30 x 3 times



UPPER BODY DAY

Push - ups
Plank rotations
Close grip push - ups
Dips
Shoulder press
Climbers
Incline push - ups
Tricep push - ups

Repeat all exercises 30 x 3 times



GLUTE DAY

Glute kick backs
Donkey kicks
Clam shells
Donkey kick pulses
Squats
Split squats
Lunges
Curtsy lunges

Repeat all exercises 30 x 3 times



BACK DAY

Elbow lifts
Star planks
Lunges
Push ups
Supermans
Side leg raises
Wall sit

Repeat all exercises 30 x 3 times