

USN HOME TRAINING PLAN

Can't make the gym? Train from home?

If time constraints mean that you cannot make the gym or if you train from home and don't know how to train properly, the USN has devised a home training plan to suit your particular needs.

Optimal weight management is achieved through a combination of resistance exercise and cardiovascular training. Resistance training allows for an increase in lean muscle growth which in turn requires more energy for the support of this tissue. Your basic metabolic rate will increase, leading to an enhanced fat burning potential.

This home training plan uses your body's own resistance (weight) as a medium to exercise with. You will combine higher repetitions with a controlled speed and little rest to further stimulate cardiovascular fitness. This will result in a leaner, more defined and sculpted physique.

MONDAY	SESSION 1	CORE
TUESDAY	CARDIO	ABS 1
WEDNESDAY	SESSION 2	CORE
THURSDAY	CARDIO	
FRIDAY	SESSION 3	CORE
SATURDAY	CARDIO	ABS 2
SUNDAY	REST DAY	

HOME TRAINING PLAN

Training Session1 – Quads, Hamstrings, Glutes and Lower Back

EXERCISE	MUSCLE GROUPS	SETS	REPS	REST	NOTE/ FORM
Glute clench	Glutes	4	12	10 sec	Squeeze each rep for 5 seconds.
Bridging Glute Squeeze	Glutes, Abdominals and Lower Back	4	12	10 sec	Clench your Glutes together during the lift, and relax only when on the floor.
Side Lunges	Glutes and Inner Thigh	6	10	10 sec	Standing with your hands by your side, smoothly lunge one foot out to the side. Avoid letting your knee extend past your foot.
Bent Leg Raises	Gluteus Minimus and Medius	4	8	20 sec	On all fours, keep legs bent at 90 degrees, smoothly lifting one leg to the side.
Walking Lunges	Quads, Hamstrings and Glutes.	2	20	30 sec	Knees at 90 degrees. Avoid letting your knee extend past your foot.
Raised Front Lunges	Quads, Abdominals and Lower Back.	2	20	30 sec	Abdominals contracted, lower yourself towards the floor to a point where your front thigh is parallel to the ground. Hold for 2 seconds before returning to a start position.
Lying Hamstring Curls	Hamstrings.	4	20	10 sec	Lie face down on the floor. Raise one leg off the floor at the knee in a slow, controlled manner; take 5 seconds for each repetition.
Supported Squat	Quads, Hamstrings, Glutes and Erector Spinae.	4	8	20 sec	Start your movement with both hands holding a secure anchor point, lower down smoothly under control.
Deep Bench Squats	Quads, Hamstrings, Glutes and Erector Spinae.	4	6	30 sec	With a low platform behind you, lower yourself down keeping your back straight, but leaning slightly forward. Quads must end horizontal to the floor.

Lying Abductors	Abductors.	3	30	5 sec	Lie on your side, legs together. Raise your outer thigh to 45 degrees, hold for 2 seconds and lower.
Side Can-Can	Abductors.	3	12	10 sec	Standing tall with feet together and hands on thighs. Smoothly take each leg out to your side, pressing against your thighs as resistance.
Lying Adductors	Adductors.	3	30	5 sec	Lie on your side, upper leg crossed over the lower leg. Keeping a good range of movement in your lower leg as it is the inner thigh muscle of the lower leg that will be worked.
Plie Squats	Adductor, Quads and Glutes.	3	12	10 sec	Feet pointing outwards, lower yourself down, keeping your back straight, hold for 2 seconds before returning.

Training Session 2 – Chest, Triceps and Shoulders

EXERCISE	MUSCLE GROUPS	SETS	REPS	REST	NOTE/ FORM
Bench Press	Pectorals and Triceps.	3	10	30 sec	Curl your hand inwards at the end of the press.
Dumbbell Flies	Pectorals.	3	12	20 sec	Control movement outwards and return.
Box Press-Ups	Shoulders, Traps and Chest.	4	12	20 sec	Knees and hands resting on the floor to create box shape with your arms, trunk, thighs and floor. Bend at the elbows, lowering yourself before returning to the start position.
Elbow-Tucked Press-Ups	Chest and Tricep.	3	10	20 sec	Assume the press-up position. Lower yourself towards the floor in a smooth, controlled manner before returning to the start position.
Wide-Arm Push-Up	Chest and Tricep.	3	10	20 sec	Assume the press-up position, with an extra shoulder width distance. Lower yourself towards the floor in a smooth, controlled manner before returning to the start position.
Deep Push-Up	Chest and Tricep.	3	12	10sec	Place your hands on two raised platforms. Lower yourself towards the floor, holding for 2-3 seconds, before returning to the start position.
Close Arm Push-Up	Chest and Tricep.	3	10	20 sec	Assume the press-up position with hands in a close grip fashion under the chest with fingers touching. Maintain a straight back during the exercise. Lower yourself in a smooth, controlled fashion before returning to the start position.
Supported Push-Ups	Shoulders, Traps and Chest.	4	12	30 sec	Support your mid section with a box. Keep your hands facing forward; allow your elbows natural movement to the side. Lower yourself down before

					returning to a start position.
One Arm Raised Push-Up	Shoulders, Traps and Chest.	4	10	20 sec	Place one hand on the ground, with one hand on a raised platform. Lower yourself before returning to the starting position.
1 Leg Raised Press-Up	Shoulder, Traps, Chest and Core.	3	8	30 sec	Assume the full press-up position with one leg raised throughout the movement.
1 Arm Tricep Dip	Tricep and Rear Deltoid.	3	8	20 sec	Place one hand down on a suitable platform; use your other arm to act as a balance weight. Smoothly lower yourself down to the floor by bending your arm, taking the elbow back behind you to help isolate the tricep muscle.
Close Grip Tricep Dip	Tricep and Rear Deltoid.	3	10	20 sec	On a secure bench, with your hands tucked behind your buttocks, feet extended outwards. Extend your elbows behind you, lower your buttocks downwards with focussed pressure on your arms.
Russian Tricep Dip	Tricep and Rear Deltoid.	3	6	30 sec	Begin the exercise with your left foot off the floor, your left arm bent across your body, with all of your weight on your right arm. Lower your buttocks towards the floor.

Training Session 3 – Back, Biceps, Core and Calves

EXERCISE	MUSCLE GROUPS	SETS	REPS	REST	NOTE/ FORM
Across –a- Box-Press-Up	Total Upper Body	4	8	30 sec	Assume a push-up position with a raised platform to your left. Do a press-up, then transverse across from your right onto the box, do après-up, and then transverse from your right off the box and do another press-up. Repeat.
Prone Cobra	Spinal Muscles	4	6	20 sec	Lie face down, hands by your side, keeping feet on the ground throughout. Smoothly raise your body a few inches off the floor, extending your hands upwards and to the rear while maintaining a straight back and head in line with your spine.
Supported Dorsal Raises	Spinal Muscles and Lower Back	4	8	15 sec	Lay on the floor, hands either side of your shoulders, fingers facing forward. Slowly raise your body up, aiming to use your lower back with your arms of support.
Alternating Superman's	Lower Back	6	6	15 sec	Lie face down on a mat with your arms stretched above your head (like superman). Raise your right arm and left leg about 5-6 inches off the ground (or as far as you comfortably can). Hold for 3 seconds and relax. Repeat with the opposite arm and leg.
Single Arm Dumbbell Curls	Biceps	3	20	30 sec	Slow controlled movements on contraction and relaxation.
Alternate Dumbbell Curls	Biceps	3	20	30 sec	Slow controlled movements on contraction and relaxation.
Supine Bridge with Leg Extension	Erector Spinae	3	4	30 sec	Lie with your knees bent and feet flat on the floor, arms by your side with palms down. Tighten your abs, flatten your back. Press down into your feet

					and raise your hips off the floor. Squeeze buttocks tight then straighten out one leg. Bring leg back up to bent-knee position, and then switch legs. Slowly lower your back to the floor, keeping your hips tight.
3 Inches	Entire Core	3	4	30 sec	Lie flat on your back, arms crossed over your chest for support. With your legs together, raise them 3 inches off the floor and hold the position for 15 seconds. Repeat 3 times per set.
Standard Bridge	Entire Core	3	4	30 sec	Start with your body raised off the ground clenching your abdominals. Now hold your body in this position for 30-60 seconds.
Side Bridge	Entire Core	3	4	30 sec	Start by lying on a mat with your legs straight out. Turn sideways holding your body up with one bent arm parallel to the floor. Keep your abs tight until 30-60 seconds. Try increasing your time after a while.
Single Leg Calve Raises	Gastronemius and Soleus.	3	12	30 sec	Supporting yourself against a wall. Raise your weight up on one toe, hold for 2-3 seconds before lowering to a starting position in a slow, controlled manner.
Plie Foot Raises	Gastronemius and Soleus.	3	10	30 sec	Point your toes out to the side at 45 degrees. Smoothly raise your heels off the ground, holding in the upper phase for 2-3 seconds prior to returning the heel to the ground.
Raised Calve Raises	Gastronemius and Soleus.	3	10	30 sec	Working on a raised platform, place one foot on the platform. Lift the heel of the raised foot and hold for 2-3 seconds before returning to a start position.