

5 Day at Home Training Program For Intermediate Lifters



WRITTEN BY COACH DANNY MATRANGA

What to Expect

There are times in life where getting to the gym is tough. As I am writing this, much of the world is dealing with the fear that is the coronavirus. Many people are concerned, rightfully so, and staying away from densely populated places like gyms. This guide will also be helpful for traveling when gym access is scarce, or anyone who simply has a hard time finding time to make it to the gym from time to time.

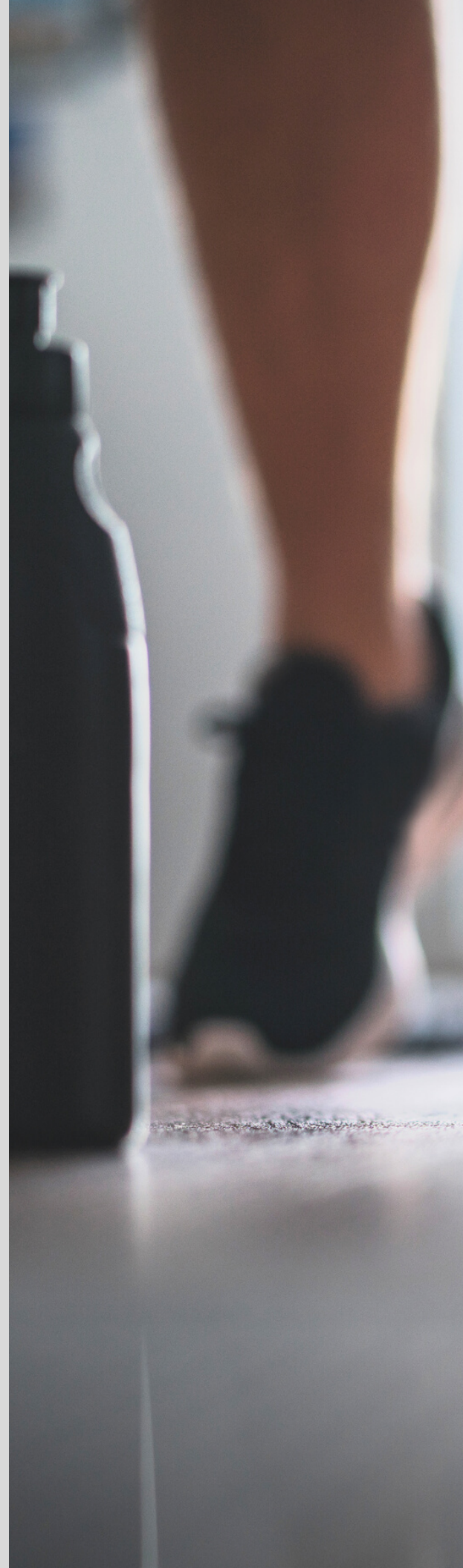
How this is designed:

This guide contains five, easy to complete, short workouts you can do from home.

Each day will represent a different style workout comprised of bodyweight workouts.

These movements include basic equipment like dumbbells and kettlebells. You may need to adjust based on what you have access to.

Feel free to increase or decrease the difficulty of these workouts using said tools if you find they are not challenging enough. As space is a limiting factor for many, circuits will be implemented to increase aerobic demand.



DAY ONE

Circuit ONE (3 rounds)

- Renegade Row x 12/12
- DB Z- Press x 12
- DB Reverse Lunge 12/12

Circuit TWO (2 rounds)

- Hammer Curl x 15
- Triceps Kick Back x 15
- Side Plank :45 seconds L/R
- Full Sit-Up, 12 reps.

Finish with:

- Step Ups (on a low box, stairs or similar structure) 5 minutes continuous.
- Lateral Raise 3 x 15



DAY TWO

Circuit ONE (3 rounds)

- Kettlebell Swing 21,15,9
- Kettlebell Goblet Squat
21,15,9
- Pushup 21,15,9
- KB One-Arm Row 10/side.

Circuit TWO (3 rounds)

- Groiner, 15 reps.
- High Knees 30 seconds
- Rear Delt Raise x 15
- Single Leg RDL 6/6

Finish with:

- plank
 - 3 sets for max time.
- Bodyweight Bridge
 - 3 x 1:00 minute hold.



DAY THREE

Circuit ONE (4 rounds)

- DB Floor Press x 12
- DB Bent Over Row x 12
- Side Lunge, 12/side

Circuit TWO (3 rounds)

- Squat Jump 20 reps
- Tricep Bench Dips (use chair/couch) 20 reps.
- DB Hammer curl 20 reps.

Finish with:

- Sit-Ups, 50 reps
 - (do these unbroken, or without a break if you can)
- Push Ups 50 reps
 - (do these unbroken, or without a break if you can)



DAY FOUR

Circuit ONE (3 rounds)

- KB Goblet Squat x 12
- DB Thruster x 12
- Super man 12-15 reps

Circuit TWO (4 rounds)

- Lateral Raise x 12
- Rear Delt Raise x 12
- Side Plank, :45 seconds/side.
- Full Plank :45 seconds

Finish with:

- Walking Lunges, 80 reps.
 - Do these unbroken, or without stopping if you can.
 - 40 reps/leg.
- Tricep Kick Back 2 x 15
- Hammer Curl 2 x 15



DAY FIVE

Circuit ONE (4 rounds)

- DB Overhead Press :30
- DB Row :30
- KB Swing :30
- BW Reverse Lunge :30
(alternating legs)
- REST FOR 2 minutes,
repeat.

Circuit TWO (4 rounds)

- Russian Twist 20 reps/side
- Toe Touch Sit Ups, 20 total
reps.
- Plank :45 seconds

Finish with:

- *Done as a circuit (3
rounds)*
 - Pushups 12,10,8
 - KB Goblet 12,10,8
 - KB sit up 12,10,8





DISCLAIMER

Check with your physician before taking any nutritional supplements or making any dietary changes

Any and all documents included or exchanged between Daniel Matranga and the recipient are the intellectual property of Coach Danny Matranga LLC and are not to be copied, sold, published, posted, or redistributed either in part or in full without express written consent. Daniel Matranga is not a doctor or registered dietitian. The contents of this document should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a physician or medical specialist. Always consult your physician or qualified health professional on any matters regarding your health. This includes, but is not limited to, your fitness, nutrition, and resistance training. The use of the information in this program is strictly at your own risk. Daniel Matranga and or Coach Danny Matranga LLC will not assume any liability for any direct or indirect losses or damages that may result, including, but not limited to, economic loss, injury, illness, or death.



ABOUT COACH DANNY

Danny has been personal training in-person and online since 2013. After his high school athletic career ended, he continued to pursue his passion for health and human movement. He worked as a personal trainer the entirety of his tenure at university, where he achieved his bachelor's degree in kinesiology. He holds over a dozen certifications and specializations, from NASM, ACE, NCI, FAS, including the NSCA's prestigious CSCS. Having trained over 10,000 individual sessions and worked internationally with clients online.

Danny has bridged the gap between academia and application. It's one thing to be some guy on Instagram who posts workouts; it's a whole different thing entirely to be an "in-the-trenches-coach."

He now spends a great deal of his time educating trainers online and in person at various workshops - all while remaining extremely involved in his in-person and online coaching business.

If you are interested in working with coach Danny, both his one-on-one coaching and online programs can be found at:

www.coachdannymatranga.com