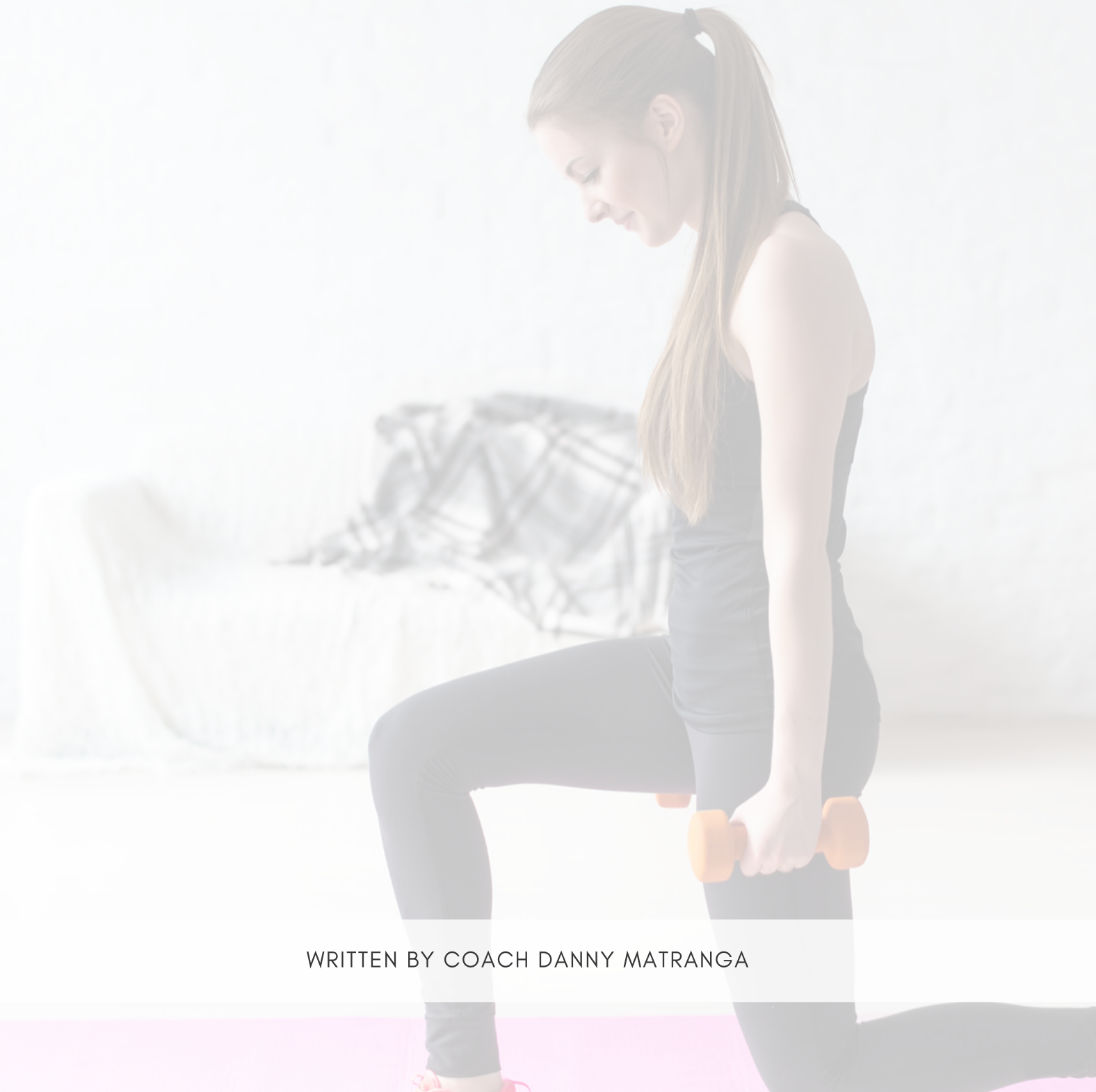


# 5 Day at Home Training Program For Beginners



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.**

**Many of these movements can be made more difficult with the addition of tools like dumbbells, kettlebells, and bands.**

**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)**

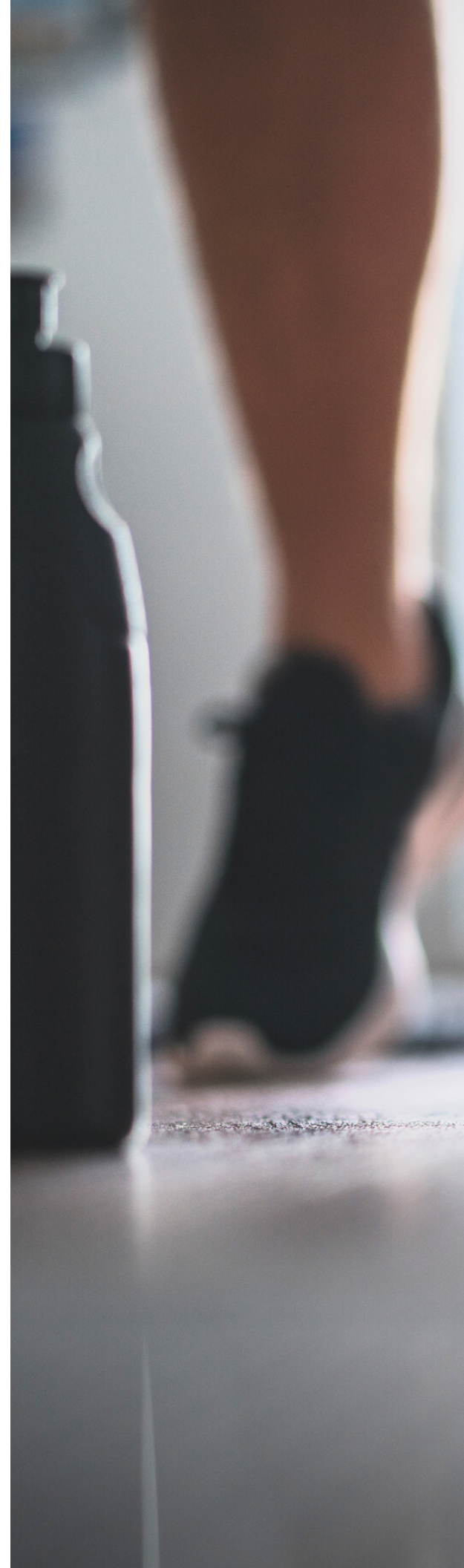
- Push ups or modified push ups (knees on ground) 12-15 reps.
- Reverse lunges, 12-15 per side.
- Bodyweight single leg RDL ,12 reps/side.

## **Circuit TWO (2 rounds)**

- Side Plank :45 seconds L/R
- Bodyweight Glute Bridge 20 reps.
- Full Sit-Up, 12 reps.

## **Finish with:**

- Step Ups (on a low box, stairs or similar structure) 5 minutes continuous.



# DAY TWO

## **Circuit ONE (4 rounds)**

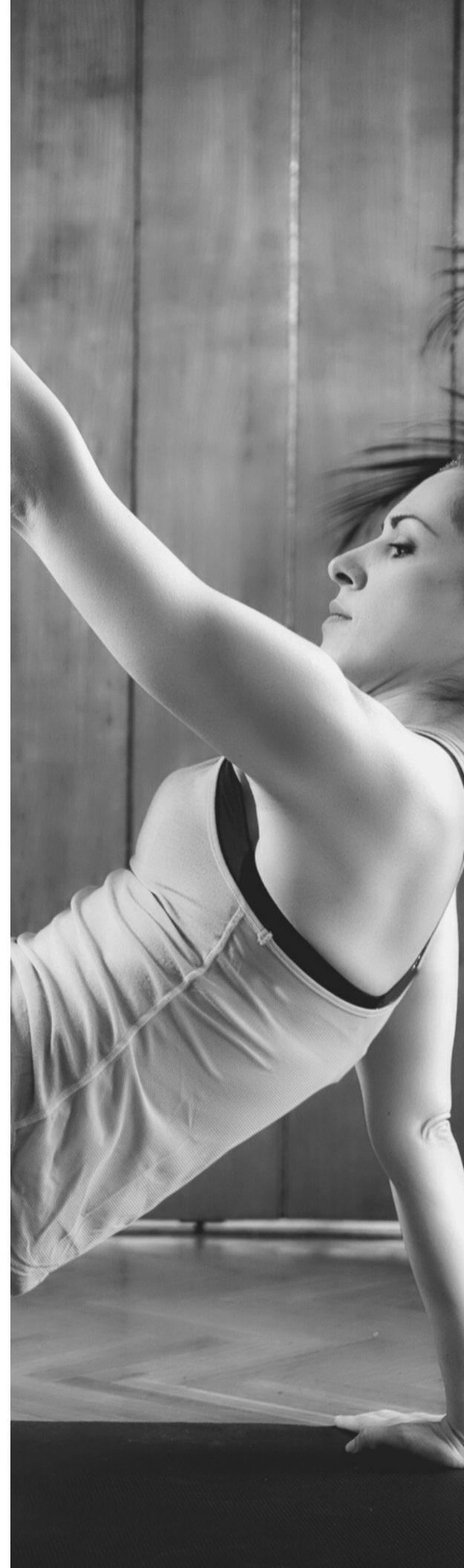
- Bodyweight Squats, 15-20 reps
- Step Up With Knee, 8 reps per side
- Russian Twist, 20 per side.

## **Circuit TWO (3 rounds)**

- Groiner, 15 reps.
- High Knees 30 seconds

## **Finish with:**

- plank.
  - 3 sets for max time.



# DAY THREE

## **Circuit ONE (4 rounds)**

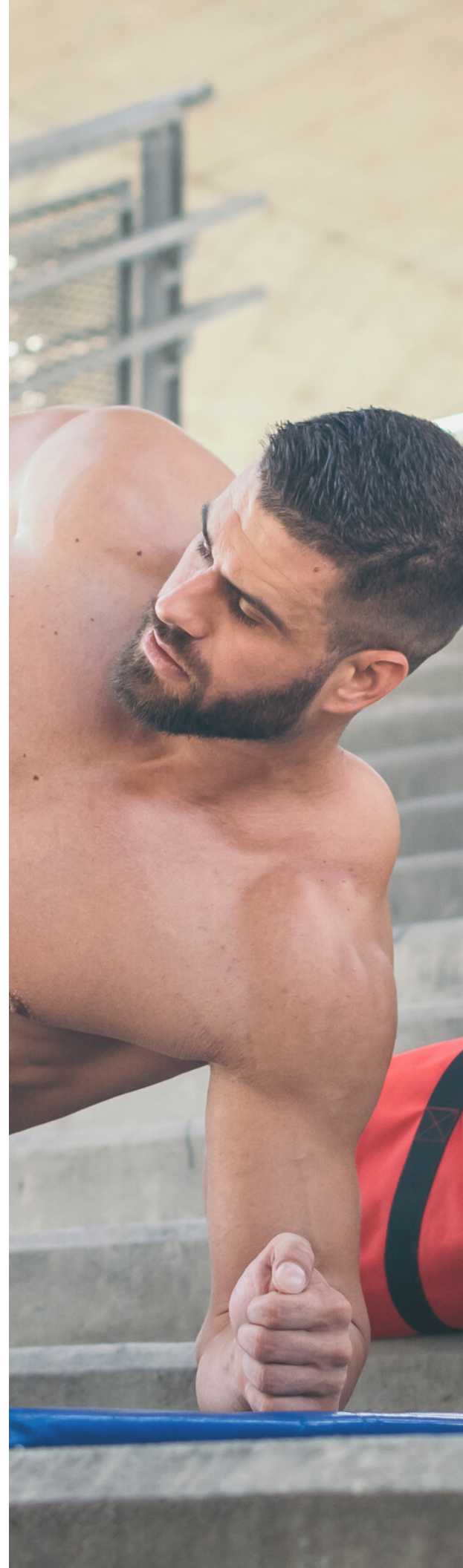
- Single Leg Glute Bridge, 12/side.
- Side Lunge, 12/side.
- Inverted row, 12 reps.

## **Circuit TWO (3 rounds)**

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

## **Finish with:**

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



# DAY FOUR

## **Circuit ONE (3 rounds)**

- Pushup or modified pushup 12-15 reps
- Super man 12-15 reps
- Step Ups 12-15 reps/side.

## **Circuit TWO (3 rounds)**

- Side Plank, :45 seconds/side.
- Full Plank :45 seconds
- Bird dog :45 seconds

## **Finish with:**

- Walking Lunges, 80 reps.
  - Do these unbroken, or without stopping if you can.
  - 40 reps/leg.



# DAY FIVE

## **Circuit ONE (4 rounds)**

- Glute Bridges, 20 reps
- Squats, 20 reps
- Reverse Lunges, 10 reps/leg

## **Circuit TWO (4 rounds)**

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

## **Finish with:**

- 3 minute pushup AMRAP
  - As many pushups as possible in 3 minutes, take breaks as needed.





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# 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](http://www.coachdannymatranga.com)