Home workout routines
Physical activity: you should maintain...

1. ROM (range of motion)
2. Muscle tone maintenance
3. Cardiovascular endurance

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Training guidelines

• We recommend 4 to 6 sessions per week.

• Each session will consist of a warm-up, a muscle tone maintenance block and a cardiovascular endurance block.

• Each of the blocks can also be worked separately, however we recommend that if the objective is to maintain shape, you should combine strength and resistance in the same session.

• ROM sessions should be done isolated from muscle tone maintenance and cardiovascular endurance, preferably as soon as you get up.

• You can do double sessions (one session in the morning and another in the afternoon with a difference of at least 6 hours). In this case, focus the morning session to the cardiovascular resistance block and the afternoon to the muscle tone maintenance block.

• As you will see, we propose different options according to the material available and your possibilities. All the options are compatible with each other.

• Each of the blocks are presented in routines format, that increase their workload from 1 to 4, so muscle tone maintenance routine 1 should always be combined with the cardiovascular endurance routine 1.

• Each routine should be performed twice in a row, so that when you have done them twice you move on to the next one.
Routine n°1
Perform 3 series of 16 repetitions of each exercise. Controlling movement and breathe.

Routine n°2
Hold each position 3 times 20-30”. Controlling movement and breathe.
ROM

Routine n°3

Hold each position 3 times 20-30”. Controlling movement and breathe.

Routine n°4

Hold each position 2 times 45-60”. Controlling movement and breathe.
Warm up

Routine n°1

Perform each exercise twice, 12 reps.

Routine n°2

Perform each exercise twice, 12-16 reps.
Warm up

Routine n°3
Do 3 laps of 8 repetitions

Routine n°4
Perform each exercise twice, 12 reps.
Muscle tone maintenance

Routine n°1

Option A- own weight: 4 laps of 8 repetitions without rest

Option B- with elastic bands: 4 laps of 14 repetitions

Option C- with TRX: 4 laps of 15 repetitions

Option D- with dumbbells: 4 laps of 10 repetitions
**Muscle tone maintenance**

**Routine n°2**

Option A- own weight: 3 laps of 12 repetitions without rest

Option B- with elastic bands: 3 laps of 20 repetitions

Option C- with TRX: 3 laps of 20 repetitions

Option D- with dumbbells: 3 laps of 16 repetitions
Muscle tone maintenance

Routine n°3

Option A- own weight: 4 laps of 6 repetitions without rest

Option B- with elastic bands: 4 laps of 10 repetitions

Option C- with TRX: 4 laps of 12 repetitions

Option D- with dumbbells: 3 laps of 16 repetitions
Muscle tone maintenance

Routine n°4

Option A- own weight: 3 laps of 10 repetitions without rest

Option B- with elastic bands: 3 laps of 15 repetitions

Option C- with TRX: 3 laps of 16 repetitions

Option D- with dumbbells: 3 laps of 20 repetitions
Cardiovascular endurance

Routine n°1

Option A
- Duration: 90’
- Intensity: 130-170 bpm
- Duration: 60’
- Intensity: 150-180 bpm
- Duration: 25’
- Intensity: 170-180 bpm

Option B
- Duration: 40’
- Intensity: 150-180 bpm
- Duration: 30’
- Intensity: 160-180 bpm or between 8.0-10.0 km/h

Option C
- Duration: 90-100’
- Intensity: 120-140 bpm
Cardiovascular endurance

Routine n°2

Option A
- Duration: 90’
- Intensity: 3’ at 180 bpm and 3’ at 150 bpm

Option B
- Duration: 40’
- Intensity: 10’ warm up + 1’ high / 4’ normal

Option C
- Duration: 20’
- Intensity: 50 stairs high intensity + 50 soft

Duration: 80-90’
- Intensity: 5’ high + 10’ normal
Cardiovascular endurance

Routine n°3

**Option A**
- Duration: 90'
- Intensity: 10' at 160 bpm and 5' at 180 bpm
- Duration: 60'
- Intensity: 15' light + 3' high + 7' (30'' high + 30'' light)

**Option B**
- Duration: 40'
- Intensity: 10' warm up + 3x(4 sprints 30 meters max. +30'' rest + 6'' soft)
- Duration: 30'
- Intensity: 5' warm up + 20' (30'' 13-15km/h +30'' off) + 5' soft

**Option C**
- Duration: 15'
- Intensity: 8x(80 stairs max/1' rest)
- Duration: 60-70'
- Intensity: 6x(5' high + 1' normal + 5' light)
Cardiovascular endurance

Routine n°4

Option A
- Duration: 90’
- Intensity: 9x(5’ at 160 bpm + 5’ at 190 bpm)
- Duration: 60’
- Intensity: 10’ light + 5’ medium + 2’ high + 9x(2’ low + 2’ high)

Option B
- Duration: 30’
- Intensity: 5’ warm up + 8x(45” at 80% + 45” soft) + 10’ normal
- Duration: 30’
- Intensity: 5’ warm up + 20’(15” 16-20km/h + 30” low + 15” rest) + 5’ soft

Option C
- Duration: 15’
- Intensity: 8x(80 stairs max/1’ rest)
- Duration: 60-70’
- Intensity: 6x(5’ high + 1’ normal + 5’ light)