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.
**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

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: 25'
Intensity: 170-180 bpm

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

- Duration: 60’
- Intensity: 7’ light resistance/4’ medium resistance/1’ high resistance

Option B

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

- Duration: 30’
- Intensity: 5’ warm up + 25’ (45” 11-13km/h +15” off)

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

Option C

- Duration: 15’
- Intensity: 8x(80 stairs max/1’ rest)

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

- Duration: 60-70’
- Intensity: 6x(5’ high + 1’ normal + 5’ light)
**Cardiovascular endurance**

**Routine n°4**

- **Option A**
  - 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

- **Option C**
  - Duration: 15’
  - Intensity: 8x(80 stairs max/1’ rest)

- **Duration: 90’**
  - Intensity: 9x(5’ at 160 bpm + 5’ at 190 bpm)

- **Duration: 60-70’**
  - Intensity: 6x(5’ high + 1’ normal + 5’ light)

- **Duration: 30’**
  - Intensity: 5’ warm up + 20’(15” 16-20km/h + 30” low + 15” rest) + 5’ soft