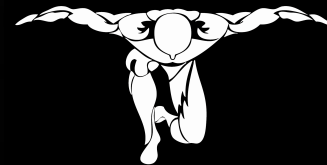


# HOME WORKOUT GUIDE

## FREE EBOOK USING BODYWEIGHT AND BAND EXERCISES

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Sure you can't beat training in a fully equipped gym with Barbells, Dumbbells and Resistance Machines, whether that's a gym at home or commercial.

However, in times when there is no or limited access to equipment i.e. holidays, working away etc, then we can still have some great productive workouts with a little improvisation, using a combination of your bodyweight, resistance bands, and even objects and furniture around your location.

## **RESISTANCE BANDS**

If you already have a set of resistance bands similar to as shown in the picture that's great.

If not these can be purchased from Amazon, Ebay, Argos, Sports Direct and other retailers, relatively cheaply.

A set of varied resistance bands, that typically come in different colours is ideal as they provide a heavier resistance for some exercises that require more load i.e. Rows, Shoulder Presses and lighter resistance for Side Lateral Raises, Band Pull Aparts for example.

Once you have these, then you're ready to go!



# **NOTES & POINTERS ON THE WORKOUTS**

These programs are designed for people who are already familiar with training, and the programs listed can be used for a variety of people with different goals and training experience. There's a choice of **Full Body Workouts** or **Upper & Lower Workouts**, based on your preference.

## **TRAINING INTENSITY**

A physique athlete or strength athlete who can't access a gym will likely use these programs as a temporary solution to hold onto muscle, so will continue to train very hard to failure, and applying as much resistance as possible.

Others who want to recreationally train to keep in shape and general fitness may not want to train to a high level of intensity.

This is entirely up to you and nothing here is set in stone. These are just guidelines and sample workouts.

## **EXERCISES. REP RANGES. SETS. TRAINING DAYS etc**

There may some exercises that you can't physically do or are unsure about. For example you may not be comfortable with, or not able to physically do for example Sissy Squats or Door Pullups due to tender knees or not having the upper body strength.

Also the number of sets, reps and training frequency (i.e. days you train) can be altered to how you generally train.

If you can't perform the number of reps shown then do lower reps. If it's too easy then add resistance i.e. add a band as well as using your bodyweight, or use a heavier resistance band.

Do higher reps if you prefer. There may even be exercises that you want to mix and match from both the programs.

## **REP TEMPO**

As a general rule of thumb for -

**The more demanding exercises i.e. Banded Squats, Banded Press Ups, Deadlifts shoot for -**

✓ 2 to 3 seconds Eccentric (negative or lowering the weight). 1 to 2 seconds Concentric (raising the weight, positive contraction)

**Other movements i.e. Bicep Curls, Pushdowns, Lat Pulldowns, Side Lateral Raises**

✓ 1 second Eccentric (negative or lowering the weight). 1 second Concentric (raising the weight, positive contraction)

✓ 1 Up. 1 Down.

## **REST BETWEEN SETS**

Depending on fitness and recovery level, it's down to you to find a 'sweet spot'. Avoiding resting too long that diminishes the intensity of your training or too little between sets that you're not giving yourself enough time to recover for that next set, where reps will drop substantially.

As a general rule of thumb for -

**The more demanding exercises i.e. Banded Squats, Banded Press Ups, Deadlifts shoot for -**

✓ 90 seconds to 2 mins

**Other movements i.e. Bicep Curls, Pushdowns, Lat Pulldowns, Side Lateral Raises**

✓ 45 to 60 seconds

No need to use a stopwatch. Get your breath back and perform the next working set.

**\*\* The following workouts are just guidelines, however if you do have any questions, or want to reach out to me for any help at all you can contact me on email at [coach@damianleestailoredfitness.co.uk](mailto:coach@damianleestailoredfitness.co.uk) I'm happy to help you.**

# Sample Full Body Workouts

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## Full Body 1

| EXERCISE   | SETS  | REPS                              |
|--|---|-----------------------------------|
| <b>Bodyweight Squat</b><br>(optional banded)   | 3 to 4  | 30<br>(10-20 banded)              |
| <b>Sissy Squats</b> (slow and steady with these)   | 3 to 4  | As many as poss                   |
| <b>Door Way Pull-ups</b><br>(hang towels over and under the door and ensure it is secure and safe before performing) | As many sets it takes to reach >>>                              | 30                                |
| <b>Banded or Regular Press Ups</b> (or kneeling Press ups as an alternative)   | 3 to 4  | 8 to 12                           |
| <b>Banded Shoulder Press</b>   | 3 to 4  | 12 to 15                          |
| <b>Band Bicep Curls</b>  | 3 to 4  | 12-20                             |
| <b>Overhead Band Triceps Extensions</b><br>(both arms)   | 3 to 4  | 8 to 12                           |
| <b>Lying Leg Raise</b> (abs)   | 3 to 4  | As many as poss                   |
| *superset with below *   | ** two consecutive exercises performed together without rest ** |                                   |
| <b>Single Leg Calf Raise</b><br>(optional banded)  | 3 to 4  | As many as poss<br>(12-20 banded) |



Training days choice of - 3 to 4 days a week.

Depending on personal schedule and recovery levels.



Include Rest Day following each training day.

## Full Body 2

| EXERCISE  | SETS  | REPS                              |
|---|---|-----------------------------------|
| <b>Heel Elevated Goblet Squat</b> (optional banded)   | 3 to 4  | 30<br>(10-20 banded)              |
| <b>Banded Stiff Leg Deadlifts</b>   | 3 to 4  | 8 to 12                           |
| <b>Suitcase Single Arm Row OR Bent Over Band Rows</b>   | 3 to 4  | 8 to 12                           |
| <b>Lying Banded Chest Press</b>   | 3 to 4  | 8 to 12                           |
| <b>Wide Grip Band Upright Rows</b>  | 3 to 4  | 25 to 30                          |
| <b>Hammer Grip Band Curls</b>   | 3 to 4  | 12-15                             |
| <b>Triceps Dips</b> (performed between chairs, feet elevated if you require extra resistance) | 3 to 4  | As many as poss                   |
| <b>Single Leg Calf Raise</b><br>(optional banded)   | 3 to 4  | As many as poss<br>(12-20 banded) |
| *superset with below *  | ** two consecutive exercises performed together without rest ** |                                   |
| <b>V Sit Ups</b>  | 3 to 4  | As many as poss                   |

# Sample Upper/Lower Body Workouts

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## Upper 1

| EXERCISE  | SETS  | REPS            |
|---|---|-----------------|
| <b>Press Ups</b> (or kneeling Press ups as an alternative)                                    | As many sets it takes to reach >>>                              | 100             |
| <b>Banded Single Arm Lat Pulldown</b>   | 3 to 4  | 12 to 15        |
| <b>Bent Over Band Rows</b>  | 3 to 4  | 8 to 12         |
| <b>Stiff Arm Band Pulldowns</b>   | 3 to 4  | 12 to 15        |
| <b>Banded Side Lateral Raises</b> (both arms)   | 3 to 4  | 20-25           |
| * superset with below *   | ** two consecutive exercises performed together without rest ** |                 |
| <b>Band Face Pulls</b>  | 3 to 4  | 25 to 30        |
| <b>Band Bicep Curls</b>   | 3 to 4  | 12-20           |
| <b>Bayesian Band Curls</b>  | 2 to 3  | 8 to 12         |
| <b>Overhead Single Band Triceps Extensions</b>  | 3   | 8 to 12         |
| <b>Triceps Dips</b> (performed between chairs, feet elevated if you require extra resistance) | 3   | As many as poss |



Training days choice of - 3, 4 or 5 days a week.

Depending on personal schedule and recovery levels.



More advanced would recommend at least 4+ days a week.



Include Rest Day following 2 consecutive training days.

## Lower 1 (plus ab work)

| EXERCISE  | SETS  | REPS                           |
|---|---|--------------------------------|
| <b>Bodyweight Squat</b> (optional banded)       | 3 to 4  | 30 (10-20 banded)              |
| <b>Banded Stiff Leg Deadlifts</b>               | 3 to 4  | 8 to 12                        |
| <b>Bulgarian Split Squats</b> (optional banded) | 3 to 4  | As many as poss (12-20 banded) |
| <b>Single Leg Calf Raise</b> (optional banded)  | 3 to 4  | As many as poss (12-20 banded) |
| *superset with below *                          | ** two consecutive exercises performed together without rest ** |                                |
| <b>V Sit Ups</b>                                | 3 to 4  | As many as poss                |

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# Sample Upper/Lower Body Workouts

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## Upper 2

| EXERCISE   | SETS  | REPS            |
|--|---|-----------------|
| <b>Press Ups</b><br>(or kneeling Press ups as an alternative)  | As many sets it takes to reach >>>                              | 50              |
| <b>Banded Press Ups</b>  | 3 to 4  | 8 to 12         |
| <b>Door Way Pull-ups</b><br>(hang towels over and under the door and ensure it is secure and safe before performing) | As many sets it takes to reach >>>                              | 30              |
| <b>Bent Over One Arm Band Row</b>  | 3 to 4  | 8 to 12         |
| <b>Wide Grip Band Upright Rows</b>   | 3 to 4  | 25 to 30        |
| * superset with *  | ** two consecutive exercises performed together without rest ** |                 |
| <b>Band Pull Aparts</b>  | 3 to 4  | 25 to 30        |
| <b>Hammer Grip Band Curls</b>  | 3 to 4  | 12 to 15        |
| <b>Overhead Band Tricep Extensions</b> (both arms)   | 3 to 4  | 8 to 12         |
| <b>Close Grip Tricep Press Ups</b>   | 3 to 4  | As many as poss |



Do Banded Pulldowns if you are unable to perform these

## Lower 2 (plus ab work)

| EXERCISE   | SETS  | REPS                              |
|--|---|-----------------------------------|
| <b>Bodyweight Squat</b><br>(optional banded)   | 3 to 4  | 30<br>(10-20 banded)              |
| <b>Banded Split Squats</b><br>(leading foot on raised object on floor for increased range of motion if required) | 3 to 4  | 12 to 15                          |
| <b>Single or Both Legs Hip Thrusts</b> (optional banded)   | 3 to 4  | 12 to 20                          |
| <b>Sissy Squats</b> (slow and steady with these)   | 3 to 4  | As many as poss                   |
| <b>Single Leg Calf Raise</b> (optional banded)   | 3 to 4  | As many as poss<br>(12-20 banded) |
| * superset with *  | ** two consecutive exercises performed together without rest ** |                                   |
| <b>Ab Crunch</b> (knees elevated)  | 3 to 4  | As many as poss                   |



# Client Transformations



Thank you for reading the ebook.

If you found the guide useful, feel free to post on your social media channels stories etc and tag me in.

at -  [instagram/coachdamianleeswnbpro](https://www.instagram.com/coachdamianleeswnbpro)

 [Facebook/TeamLees](https://www.facebook.com/TeamLees)

As a small business, any form of advertising by way of word of mouth or social media is much appreciated!

If you have any questions at all drop me a message or contact me below.

 [coach@damianleestailoredfitness.co.uk](mailto:coach@damianleestailoredfitness.co.uk)

 [www.damianleestailoredfitness.co.uk](http://www.damianleestailoredfitness.co.uk)

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