

THE SIMPLE GUIDE TO
AT HOME WORKOUTS
FOR

BUILDING MUSCLE

INCREASING STRENGTH
AND STAYING INJURY FREE



**NO
EQUIPMENT
NECESSARY**

You're here because you want to build muscle and strength at home.

Like most of the world, you have probably been confined to your home for the most part, due to the outbreak of COVID-19.

But, you don't want to let that get in the way of your health and fitness goals. Or maybe you are using it as an opportunity to get started. You want to gain muscle, add strength, and feel healthy while doing so (NOT beat up, constantly tired, and injured).

And you know you should be doing something, but....

Frustration, motivation, or not knowing where to start is holding you back. You're not alone. Most people were completely unprepared for the changes they would have to make and were caught with nothing except what they have around the house to make do with.

Massive demand for home-gym equipment left prices sky high or supply completely unavailable.

Motivation is hard to come by. It's difficult to get motivated when you are not even sure if working out at home will be effective, safe, or enjoyable.

Most are not even sure where to begin. Influencers are pumping out a myriad of at-home training exercises, and much of it is complete garbage.

Fortunately, it is possible to get fantastic at-home workouts, using only items you will find around your domicile.

THE TWO BIGGEST MISTAKES PEOPLE ARE MAKING WITH AT HOME TRAINING

01

Letting the frustration and demotivation get in their way.

If you think that workouts are going to suck or not be effective at home, then that will most likely come true. These are called limiting beliefs and everyone has them. But we can't allow ourselves to think this way, because it causes stress, lack of motivation, and can even turn the narrative in our heads into a painful reality.

I work with clients on erasing limiting beliefs regarding their health and fitness all the time, but they are especially prevalent when times are tough.

If you catch yourself having negative thoughts, stamp them out and replace them with positive ones.

02

Choosing the wrong exercises for the wrong goals, and lacking structure.

If you want to build muscle and strength, you need exercises that put a significant amount of tension on the muscles you are trying to work.

If you cannot feel the muscle and get very close to the point of muscular failure, you are short changing yourself and will not maximize results. This is easy to do in a gym where you can just load up weight until the resistance becomes challenging, but with bodyweight it takes some strategy and know how.

Many are doing super high rep sets that never get close to muscular failure. They feel hard, but are better suited for cardio or endurance than muscle or strength building.

Muscles grow from adequate tension.

Endless sets of burpees, renegade rows, and mountain climbers may make you feel like you are doing something, but all you are really doing is fatiguing yourself.

Not only that, there is typically very little structure to this type of workout, it is generally high impact, and with overly high reps form often gets sloppy. A recipe for an injury that could keep you out longer than the gym closures.

Muscle and strength does not come from a burn, feeling exhausted, or getting really sweaty. It comes from getting enough tension on the muscle to stimulate growth.

And that can be done without gym equipment. We've been doing it for years...

Many of our clients travel frequently and are stuck with no options other than their own bodyweight to workout with.

But we still have to get them amazing results.

And we do.

With proper, structured, and well designed programs that use one of the best pieces of equipment we all have available to us; our own bodyweight.

And in this guide I am going to show you exactly how you can too.

WORKOUT STRUCTURE

PICK YOUR PLAN

There are two ways to structure your program. The first one is to do full body workouts. This is best if you can only train 3 days per week or every other day at the most. We use this a lot for busy professionals that don't have a lot of time to spare.

With this option you'll complete full body workouts on non-consecutive days. With less availability to train, full body workouts become better. Beginners also tend to do better with this type of workout.

However, if you have the time to dedicate 4-6 days per week to training and are a bit more advanced, then splitting workouts into upper body and lower body will be more effective. Now you can train on back to back days, by doing a lower body workout one day, and an upper body workout the very next.

A typical week with the second split might consist of upper body on Monday, lower body on Tuesday, a break on Wednesday, upper on Thursday, lower on Friday, and even possibly another upper workout on Saturday with an off day on Sunday.



WARM UP & WORK HARD

01

Warming up is extremely important and needs to be done before each workout.

I have included warm ups for each workout, but it is extremely important that you do not skip or breeze through them.

Stay focused and they will only take 5-10 minutes. This is well worth it to keep from getting injured.

Remember, an injury will take you out longer than the gyms are closed for.

02

It is also very important to push hard.

BUT NOT AT THE EXPENSE OF PROPER FORM. Maintain proper form and good control over every movement.

Sloppy reps will only falsely inflate your ego, they won't build muscle or strength, and they will get you injured.

How hard should you push? Until you are within 0-3 reps of failure. Failure is the point at which you can no longer complete another rep with good form.

You need to push your sets to this point in order to get results, but not past it to the point of form degradation.

SETS, REPS, REST...

and how to gauge intensity

Sets are delineated in the program. Typically 3-4 will be enough to maximize strength and muscle size gains.

The most important part is getting your sets up to the point that you are nearing failure. The number of reps is not that important. If it takes 15 reps for you to reach failure or very near it, that's great. If it takes 30, do 30.

But how do you know how hard to push exactly? And how do you keep from pushing too far?

Enter the RPE (Rate of Perceived Effort) scale.

It is a scale used to define the intensity of a given set. You simply rate the set you did on a scale of 1-10, based off of how hard the LAST rep felt.

1 to 6 on the RPE scale just means easy.

7= Felt like you could have done 3-4 more reps

8=Felt like you could have done 2-3 more reps

9=Felt like you could have done 1-2 more reps

9.5=Might have gotten one more, but not sure.

10=Your absolute max. Couldn't have done another rep.

Take most sets to an 8-9.5 and you'll be hitting it hard, but not at the expense of form.

Rest can simply be a product of what you feel you need to deliver a high effort set. Typically between one and three minutes is enough.



THE WORKOUTS

3 DAY FULL BODY

COMPLETE 3 WORKOUTS PER WEEK ON NONCONSECUTIVE DAYS

DAY ONE

WARM UP	SETS	RPE	NOTES
<u>A-FRAME PRESSES</u>	3	9	ELEVATE FEET TO PROGRESS
<u>DOWEL ROW</u>	3-4	9	
<u>SPLIT SQUAT</u>	3-4	9	
<u>SIDE PLANK+ROTATION</u>	3-4	9	
<u>BACKPACK PUSHUPS</u>	3	9+	DO OFF OF TABLE OR LEDGE TO REGRESS
<u>PULL UPS</u>	3-4	9+	
<u>ONE LEG BRIDGE</u>	3-4	9+	
<u>TOWEL AB ROLLOUT</u>	3-4	9	
<u>TOWEL CURL</u>	3-4	9+	

DAY TWO

WARM UP	SETS	RPE	NOTES
<u>FEET ELEVATED PUSH UP</u>	3	9	
<u>FLOOR LAT PULL OVER</u>	3-4	9	
<u>CHAIR STEP UP</u>	3-4	9	ADD BACKPACK TO PROGRESS
<u>BODY SAW W/ TOWEL</u>	3-4	9	
<u>FLY UPS</u>	3	9+	PUT WAX PAPER UNDER TOWELS
<u>BACKPACK REAR DELT FLYES</u>	4	9+	
<u>FORWARD REVERSE LUNGE COMBO</u>	3-4	9+	
<u>BACKPACK FACE PULL</u>	4	8-9	
<u>TIGER PUSH UP</u>	3	9+	

DAY THREE

WARM UP	SETS	RPE	NOTES
<u>INCLINE ONE ARM PUSH UPS</u>	3	9	LOWER INCLINE TO PROGRESS
<u>DOWEL ROW</u>	3-4	9	ELEVATE FEET TO PROGRESS
<u>REAR FOOT ELEVATED SPLIT SQUAT</u>	3-4	9	
<u>PLANK JACKS</u>	3-4	9	
<u>FEET ELEVATED PUSH UP</u>	3	9+	
<u>PULL UPS</u>	3-4	9+	PUT FEET ON CHAIR TO REGRESS
<u>SLIDING LEG CURLS</u>	3-4	9+	
<u>TOWEL AB ROLLOUT</u>	3-4	9	
<u>DOWEL CURL</u>	3-4	9+	

THE WORKOUTS

UPPER LOWER SPLIT

COMPLETE 4-6 WORKOUTS PER WEEK.

DAY ONE - UPPER

WARM UP	SETS	RPE	NOTES
<u>A-FRAME PRESSES</u>	3	9	
<u>DOWEL ROW</u>	3-4	9	
<u>FEET ELEVATED PUSH UP</u>	3	9	
<u>SIDE PLANK+ROTATION</u>	3-4	9	
<u>PULL UPS</u>	4	9+	
<u>BACKPACK FACE PULL</u>	4	8-9	STAND ON BOOKS FOR MORE ROM
<u>TIGER PUSH UP</u>	3-4	9+	
<u>TOWEL AB ROLLOUT</u>	3-4	9	
<u>TOWEL CURL</u>	3-4	9+	

DAY TWO - LOWER

WARM UP	SETS	RPE	NOTES
<u>REAR FOOT ELEVATED SPLIT SQUAT</u>	3-4	9	
<u>SINGLE LEG BRIDGE</u>	3-4	9	
<u>CHAIR STEP UP</u>	3-4	9	
<u>PLANK JACKS</u>	3-4	9	PUT WAX PAPER UNDER TOWELS
<u>SLIDING LEG CURLS</u>	3-4	9+	
<u>FORWARD REVERSE LUNGE COMBO</u>	3-4	9+	
<u>BODYWEIGHT CALF RAISE</u>	3-5	9+	
<u>PALLOF PRESS</u>	3-4	9	
<u>NORDIC CURL</u>	3-4	9+	

DAY THREE - UPPER

WARM UP	SETS	RPE	NOTES
<u>INCLINE ONE ARM PUSH UPS</u>	3	9	
<u>PULL UPS</u>	3-4	9	PUT FEET ON CHAIR TO REGRESS
<u>FEET ELEVATED PUSH UP</u>	3	9	
<u>BODY SAW W/ TOWEL</u>	3-4	9	
<u>DOWEL ROW</u>	4	9+	
<u>OVERHEAD CARRY</u>	3	9+	
<u>REAR DELT FLY</u>	4	9+	
<u>TRICEP EXTENSION</u>	3-4	9+	
<u>DOWEL CURL</u>	3-4	9+	

DAY FOUR - LOWER

WARM UP	SETS	RPE	NOTES
<u>SPLIT SQUAT</u>	3-4	9	
<u>NORDIC CURL</u>	3-4	9	
<u>CHAIR STEP UP</u>	3-4	9	
<u>SIDE PLANK+ROTATION</u>	3-4	9	
<u>SINGLE LEG BRIDGE</u>	3-4	9+	
<u>FORWARD REVERSE LUNGE COMBO</u>	3-4	9+	
<u>BODYWEIGHT CALF RAISE</u>	3-4	9+	
<u>TOWEL AB ROLLOUT</u>	3-4	9	
<u>SLIDING LEG CURLS</u>	3-4	9+	PUT WAX PAPER UNDER TOWEL

If you intend to do 6 workouts, simply repeat day one and two for the 5th and 6th days. If you intend to do 5 just make your 5th day upper if you prefer to work on upper, and lower if you prefer to focus on lower body.



*** A SERIOUS WARNING * ...**

Over years of training hundreds of people from all different walks of life, I have come to realize that the reason most people fail to reach their goals or maintain them comes down to lacking one of more of three fundamental pillars to longterm success in fitness.

Those all-important pillars are...

- Mindset
- Technique
- Knowledge & direction

Mindset is the most important, because it is underneath the surface of everything you do. If you can't attain the correct mindset, nothing will work for you.

And the worst part is, most people don't even notice that it is getting in their way. But it acts as a barrier to their goals, year after year, and leaves them wondering why they can't achieve or hold on to the gains they make.

Developing proper mindset is a skill, and can be developed and perfected.

Many think you either have it or you don't, but that is simply not true. With a little work and focus, you can reframe your attitude towards exercise, drop the mental boundaries that are secretly holding you back, and feel good about what you are doing.

Technique is next in line. Without proper technique, a good workout plan will do next to nothing for you, and leave you with imbalances, lack of progress, and pain.

I've seen lots of well intentioned lifters get derailed simply due to small mistakes in their form, progression scheme, or intensity.

The sad part is that this is relatively easy to fix, yet with so many fake gurus and internet experts out there giving poor advice, most people are led astray and left frustrated and hurt.



Knowledge and proper direction is the third pillar that most are lacking. Again, internet gurus and unqualified influencers have done a fantastic job of confusing the general public about what is actually going to produce results for a given goal.

As such people spin their wheels trying diets and exercise programs that they never should have been on in the first place. I've heard stories from so many people about programs and diets that they found or had another coach put them on that left me shaking my head in disbelief.

The flipside of all this is that once you have all three pillars in place, the difference is night and day...

and that's why my company exists...

I realized that if I could fix these barriers to success that most people came to me with, I could get results for just about anybody. Best of all, the results would last.

Not just the fad diet results that fade after a few months, like we've all tried. Real results that don't just make you look better, but help you move, feel, and perform better.

So I created a system to streamline this process.

And with it, my team of trainers and I are able to consistently help people build muscle, burn fat, and feel incredible while doing it.

Even if they are in their 30s, 40s, 50s, or above.

Our method doesn't rely on cheesy motivation, the latest diet craze, or dangerous pills or drugs. Instead, we work with you on building maintainable habits that fit your lifestyle. And the results speak for themselves...



"Before I met Chris, I had tried just about everything to get what I thought was a perfect body. However, no matter how much triathlon training, crossfit, running, and watching what I ate, I couldn't figure out how to get what I wanted.



Within a month of working with Chris, I saw significant results. I was stunned. After four months, he helped me achieve the beach body that I wanted for a trip to Miami. I couldn't be more pleased with the results that Chris helped me achieve. I've gotten never gotten so many compliments and stares in my life. I highly recommend hiring him!! "

-Jedidiah Jamerson



"I wouldn't rate 5 stars if I didn't completely believe in his methods and knowledge. I trained with Chris for a year and he's awesome. His guidance completely changed my physique.

I lost fat, I gained muscle in the spots I wanted to, and he helped me do it the way I wanted to, which was with weight training and zero cardio. He's science based and can help you achieve your goals in a healthy, non-starvation, non-restrictive way.

If you want to completely change your body and give yourself the knowledge to maintain it on your own for the rest of your life, I highly recommend him!"

-Jessica Jette



"I've been training with David (A trainer on the Chris Protein team) for about four and half months and lost a little over 35 lbs now, and six inches off of my waist circumference. I've also gained a ton of strength. I used to have poor sleep quality and since I started training I can easily sleep for 8 hours.

My body composition is something I can change & is no longer just something that happened to me.

If you are going to put a bunch of time into working out, you want to make sure you are getting the most out of it. It's a bunch of work and you really want to get the most out of it and I think a trainer can help you get that."


-Grant Howard



"Like many, I tried working out on my own doing weights and biking, and believed I was eating correctly. However, I saw no significant improvement and I decided it was time to invest in a personal trainer.

Alyse (A trainer on the Chris Protein team) is an amazing personal trainer! I could not be happier with the results. I am well on my way to losing 20 lbs, have added noticeable muscle, and dropped 4 pants sizes. She has an awesome personality, a great sense of humor, is easy to talk to, and always motivates me to keep going."

-Lloyd Licht



We've been coaching people through this process for years, and regularly help our clients lose fat in places they never thought possible, add lean muscle, and feel healthier than they did in their 20s. We understand our clients needs deeply, and will customize our approach to fit your goals.

By working together, we will change your mindset so you feel genuinely motivated, coach you through proper technique so you can avoid injury, and guide you through the right way to get stronger, build muscle, and feel healthy.

How Our Personal Training Service Works

At your very first session we go through a detailed questionnaire and intake process. We'll talk about your current and past exercise programs, diets you've followed and what your nutrition is like, and your reasons for coming in. This gives us everything we need to begin working.

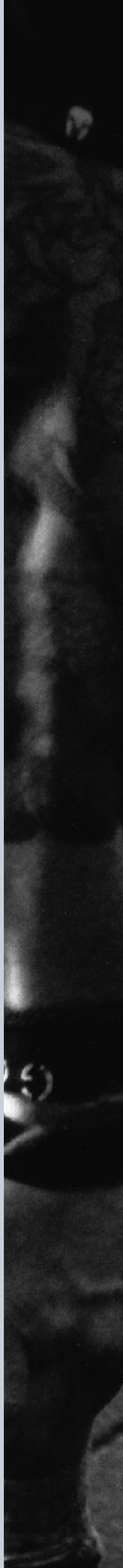
With the information we've collected we will develop the best exercise and nutrition plan for you to start adding muscle, burning body fat, and feeling healthy again.

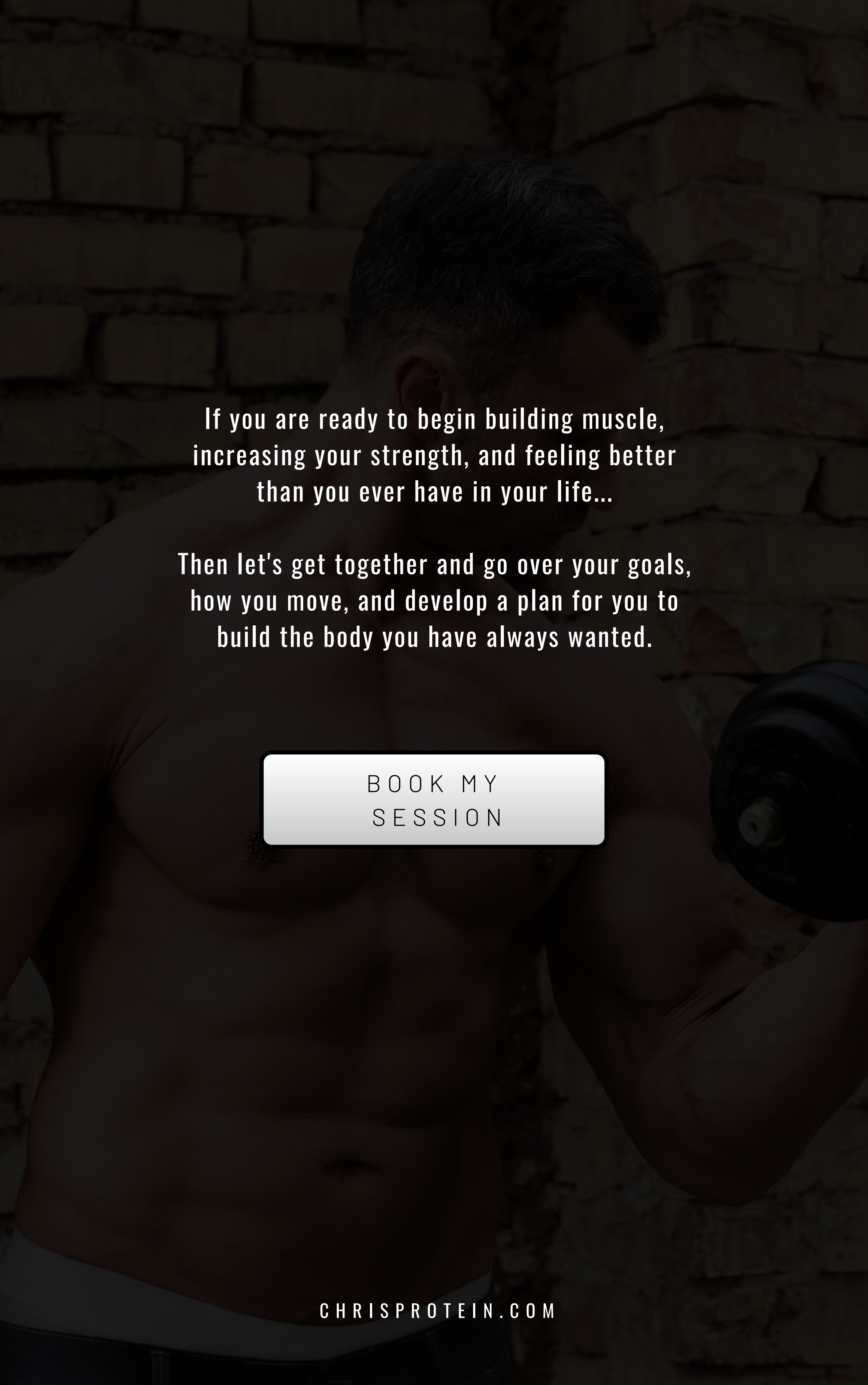
Then we schedule and meet for regular sessions. You'll be held accountable to your workouts, and trainers will watch you closely and teach proper form on the exercises best suited for your body and goals.

If you are looking to get in better shape for the summer, and are sick of feeling lost or in pain due to nagging injuries...

...But you haven't been able to crack the code to feeling motivated and getting the results you deserve....

...then we know how to help.



A man is shown from the waist up, shirtless, lifting a black dumbbell with his right arm. He is positioned in front of a rough, stone wall. The image is dark and moody, with the man's muscles and the texture of the wall being the primary visual elements. The text is overlaid on the upper half of the image.

If you are ready to begin building muscle,
increasing your strength, and feeling better
than you ever have in your life...

Then let's get together and go over your goals,
how you move, and develop a plan for you to
build the body you have always wanted.

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SESSION

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