



HOME WORKOUTS THE EBOOK



WELCOME!

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200 LIVE WORKOUTS?!

You don't need me to tell you that this has been a challenging year... Although I just did.

When lockdown hit, I wanted to support my friends, family and wider community how best I could, and putting on a daily free Live workout seemed like a good idea.

Firsthand I know the benefit of a bit of regular exercise, feeling part of something, some pointers for your health, and knew that keeping peoples' spirits up would be useful.

200 days later and... Well I'm as surprised as you are... Only I'm not.

Pretty quickly it became apparent that the workouts were helpful, that I enjoyed them - they gave me structure and routine too - and that a lovely, funny, supportive community was building around. them.

A community where all were welcome, where new running jokes would pop up almost daily, but never at anyone's expense.

From the start, everything was scalable to ensure anyone could join in with any workout and feel part of something.

I'm hugely proud of the workouts, of the community, of the way we've all been supporting each other, in pretty challenging times.

The idea for the eBook came to me as a way for the workouts to live on beyond the worst social network there is. To make them as useful as possible and mean you can take them with you, when travelling or if gyms close again.

I hope you find them useful and as fun as they were to run - welcome to the Fitter Confident Youniverse!

Best wishes,

Matt Boyles, Founder / Head Cheerleader



WORKOUT 1

AMRAP

AMRAP stands for As Many Rounds As Possible.

1. Choose the exercises you want to do.
2. Choose the reps you want to do for each (they don't have to be the same)
3. Choose how long you want to workout for
4. That's it!

So you might choose:

1. Press-ups, Sit-ups, Burpees and Rocking Plank
2. 12, 16, 6 & 12
3. 12 minutes

So very simply, once you've warmed up and are ready...

1. Start the timer
2. Do your first set of 12 Press-ups, 16 Sit-ups, 6 Burpees and 12 Rocking Plank reps
3. Rest as necessary, but within the 12 minutes, try to get through as many round of your chosen four exercises as possible

AMRAPs are great for tracking progress, because you can keep track of how many rounds you get through and build from there.

Completed three full rounds the first time you did this... Then go to the Rocking Planks in round four the next time?

Congratulations, you're fitter and stronger!

The beauty is, you can include any exercises in this, any number of reps and do it for any length of time. How about this little spicy number...

- 8 Walkouts
- 12 Lemon Squeezes
- 16 Side Lunges
- 32 Mountain Climbers

Set the timer for 12 minutes and go, Go, GO!



WORKOUT 2

EMOM

EMOM stands for Every Minute On (the) Minute

Similar to an AMRAP, but however many reps you've done, when the minute changes, so does the exercise you're on.

1. Choose the exercises you want to do.
2. Choose the reps you want to do for each (they don't have to be the same)
3. Choose how long you want to workout for
4. That's it!

So how about...

1. Lunges, Dorsal Raises, Lying Cycles and Hip Twists
2. 16, 16, 30 & 8
3. 12 minutes

So very simply, once you've warmed up and are ready...

1. Start the timer
2. In the first minute do your 16 Lunges, and you get to rest for the remainder of the time
3. When the second minute starts, immediately do your 16 Dorsal Raises
4. And so on!

When starting out, choose rep that allow you some rest in each minute.

Increase the reps to challenge yourself more each week.

EMOMs also work with time - ie. Work for 35 seconds, rest for 12 seconds..

Fancy stepping it up? *Increase the reps each round* - that's an ascending EMOM! Here's one I made earlier for you to try!

- Kneel to Stands - 6 reps (each leg), 8, 10, 12
- Plank on hands - 25 secs, 35 secs, 45 secs, 55 secs
- V-Sits - 16 reps, 18, 20, 22
- Jumping Jacks - 20 reps, 30, 40, 50



WORKOUT 3

400 REP CHALLENGE

This became a Saturday stalwart (only because we did it for the first time on a Saturday and it stuck!)

But you can do it ANY day of the week! Here's how...

1. You have 12 minutes to complete 400 reps in total
2. However! You can't do more than 50 reps of any one exercise
3. You can mix it up, ie. 10 reps of sit-ups, 10 reps of squats, back and forth five times
4. Enjoy!!!

As with any Fitter Confident You workout, if you're starting out and 400 reps seems a bit much, please know you can reduce it - go for 100 reps the first time, or 220, or any number!

Equally, some Fitter Confident You unicorns have made it into the 500s.

You'll see as you try it that some exercises are quick and buy you more time - ie. Mountain Climbers, where you can get 50 reps done in about 25 seconds. Go straight into High Knees and you can have 100 reps done in less than a minute - buying you more time to try out exercises that take a bit longer.

Here's how it could work:

- 20 Press-ups
- 50 Jumping Jacks
- 30 Squats
- 40 Flying Bird (LOVE Flying Bird - 20 on each leg)
- 20 Press-ups
- 30 Mason Twists
- 20 Dorsal Raises
- Oh alright, 20 Burpees
- 30 Mountain Climbers
- 20 Sit-ups
- 30 Reverse Lunges (15 each leg)
- 10 Press-ups
- 20 Rocking Plank
- 20 Dips
- 40 Lying Cycles
- Ta dah!



WORKOUT 4

THE ROARING 20'S

The best workouts are pretty much the ones which are easy to understand, easy to follow... And what could be simpler than 20 reps of 20 exercises?!

(Don't answer that). Here's what you do - no need to set a timer for this, though a 12 minute countdown would make this particularly tasty...!

1. 20 Squats
2. 20 Shoulder Taps
3. 20 second static bicep curl hold - L
4. 20 second static bicep curl hold - R
5. 20 Sit-ups
6. 20 Windscreen Wipers
7. 20 Twists
8. 20 Dorsal Raises
9. 20 Split Squats - L leg forward
10. 20 Split Squats - R leg forward
11. 20 second static shoulder press - L
12. 20 second static shoulder press - R
13. 20 Bridge Raises
14. 20 Press-ups
15. 20 Jumping Jacks
16. 20 Frog's Legs
17. 20 Downward Dogs
18. 20 second static chest press - L
19. 20 second static chest press - R
20. 20 Deadbugs

Of course you can - and we did - once do the Dirty Thirties...

30 different exercises, 30 reps apiece...!



WORKOUT 5

THE SLOWLYMPICS

You know how exercise is sometimes seen as 'GRRHRHRRHSHSHHHHHSHG I DID 15,000 REPS AND THEN DID ANOTHER GRRHRHSHSHS 18,000 REPS!!!!!"

Well I appreciate how that could well be a bit off-putting, especially to those not au fait with the world of working out.

Heck, it puts me off it sometimes.

So The Slowlympics is the opposite of that.

(It also uses an amazing strength-building technique called Tempo Training, but let's not get bogged down in that for now).

All you have to do, is less! Here's how:

Set a countdown timer and choose an exercise and then do as few reps of that exercise in the time.

That is, the goal is just to do ONE FULL REP - although of course, however many you end up doing is great.

If you're starting out, go for 30 seconds per exercise.

Pushing ahead, try 1 minute. Done this before? Go for 2 minutes!

Try these:

1. Press-up
2. Squat
3. Bridge Raise
4. Split Squat (you can choose to do half the time on each leg)
5. Sit-up

Of course you can do this with any exercise, just sloooooow down what you do!



WORKOUT 6

PLAYING CARDS

One of the earliest Live workouts we did!

Super simple and not as tough as you might be thinking...

You need a deck of playing cards.

Assign an exercise to each suit, here's the usual ones we went with:

Heart - Press-ups

Spades - Squats

Diamonds - Sit-ups

Clubs - Lunges

Shuffle the deck. Then you can begin!

1. Turn the cards over one by one
2. Do the exercise shown for the number of reps on the card
 - a. 1-10 are just 1-10. Face cards are all 10
3. Jokers can be anything - we did them as 5 Burpees!

Examples:

- Seeing the 4 of Hearts? Do 4 Press-ups
- Seeing the Queen of Diamonds? Do 10 Sit-ups

That's literally it!

... Or it was until we started expanding the deck! For the 100th Live Workout we came up with an additional 45 cards (on top of the 52 regular cards + 3 Jokers).

I invited the Fitter Confident Younicorns to submit their own, and some were more (different!) exercises, while others were really lovely, people-supportive ones, like:

- Shut your eyes and give yourself a hug, to remember how amazing you are!
- Do 16 Bridge Raises and reminisce about your first kiss!
- "You are young and the world is wide and full of possibilities!"
- " After this workout, contact someone you haven't spoken with in a while

Lovely!



WORKOUT 7

PLUS 5 (OR 6 OR 9!)

I invented this workout back when I was still a face-to-face trainer.

As with all FCY workouts, it's 100% scalable and modifiable to what you want to do.

Here's how:

1. Choose 8 different exercises
2. Do 5 reps of exercise one
3. Do 5 reps of exercise one and 5 reps of exercise two
4. Do 5 reps of exercise one, 5 reps of exercise two and 5 reps of exercise 3
5. You get the picture. You 'plus 5' each time you start a new round

So it might look like this:

5 squats

5 squats, 5 press-ups

5 squats, 5 press-ups, 5 burpees

5 squats, 5 press-ups, 5 burpees, 5 sit-ups

5 squats, 5 press-ups, 5 burpees, 5 sit-ups, 5 dorsal raises

5 squats, 5 press-ups, 5 burpees, 5 sit-ups, 5 dorsal raises, 5 press-up to planks

5 squats, 5 press-ups, 5 burpees, 5 sit-ups, 5 dorsal raises, 5 press-up to planks, 5 walkouts

5 squats, 5 press-ups, 5 burpees, 5 sit-ups, 5 dorsal raises, 5 press-up to planks, 5 walkouts, 5 lemon squeezes

Ta dah!

But of course, you could do 10 reps each time, and you could do 10 rounds - so in round 10 you do 100 reps!

But this is all up to youuuuuuuuuuuuuuuuuuuuuuuuuuuuu!



WORKOUT 8

CORE WORKOUT

As I'm sure you know, core exercises won't burn fat stored around your core / middle.

But building a strong core has many purposes:

- It effectively work like a corset (core-set...), holding you in tighter.
- It helps strengthen your back and protect against back ache
- It helps protect your 'fairly precious' organs
- It helps to build and ensure good posture

Try this movement/static move combo! Here's how...

>> 30 seconds on each movement:

1. Heel taps on your band (lie on back, knees bent, arms along side your body, reach down and tap the outside of your L heel, then reach down and tap the outside of your R heel and keep alternating)
2. Plank - on forearms or hands
3. Twists - sit upright on the floor and touch the ground on either side (lift your feet to make it tougher)
4. Left Plank - lie on your side, stack your feet and push up so your left forearm is supporting you
5. Crunches - knees bent, feet on the floor, support your head and curl up until you feel a contraction in your core
6. Arch - lie on your back, legs straight and lift your mid-section, so your ankles and shoulders and head are the only things down - you don't have to lift very high, but squeeze your bum hard
7. Toes to Sky - Lie on your back, legs straight up to the ceiling; lift your bum a few inches off the ground and push your feet straight up
8. Right Plank - lie on your side, stack your feet and push up so your right forearm is supporting you

Of course you can swap any of the exercises for anything else, but this combo will hit your core from all angles!



WORKOUT 9

TABATA

You might have heard of Tabata before.

Heck you might have heard of all of this before!

It's a training protocol developed by Dr Izumi Tabata to give you an efficient workout in minimal time.

Very simply, set a timer for 4 minutes.

You work for 20 second sets, rest for 10 second sets - so 8 rounds.

The theory is you're meant to go all out in the 20 seconds, but the thing is, you just don't need to.

So just use it as a methodology when you don't have much time. I like to pair exercises when doing a Tabata, so you alternate between them. Here are some ways to try it:

1. Side Lunges and Hollow Rocks
2. Mountain Climbers and Sit-ups
3. Plank punches and Squats
4. Push-ups and Wall-sit (or static squat!)



WORKOUT 10

THE SQUARE WORKOUT

Ahhh maths, not just for school!

Sometimes you can use it for fitness too!

Remember that term "the square of"? ie. The square of 2 is 4, the square of 6 is 36?

That's the form this workout takes - the numbers look deceptively low and this won't take you more than about 12 minutes to do, but it soon builds up.

Here's how... (it's a bit like Plus 9 in reverse)

9 Mountain Climbers

9 Mountain Climbers, 8 Lying Cycles

9 Mountain Climbers, 8 Lying Cycles, 7 Lunges

9 Mountain Climbers, 8 Lying Cycles, 7 Lunges, 6 Sit-ups

9 Mountain Climbers, 8 Lying Cycles, 7 Lunges, 6 Sit-ups, 5 Push-Ups

9 Mountain Climbers, 8 Lying Cycles, 7 Lunges, 6 Sit-ups, 5 Push-Ups, 4 V-Ups

9 Mountain Climbers, 8 Lying Cycles, 7 Lunges, 6 Sit-ups, 5 Push-Ups, 4 V-Ups, 3 Walkouts

9 Mountain Climbers, 8 Lying Cycles, 7 Lunges, 6 Sit-ups, 5 Push-Ups, 4 V-Ups, 3 Walkouts, 2 Side Lunges

9 Mountain Climbers, 8 Lying Cycles, 7 Lunges, 6 Sit-ups, 5 Push-Ups, 4 V-Ups, 3 Walkouts, 2 Side Lunges, 1 Burpee

... And a partridge in a pear tree!



WORKOUT 11

DON'T WANT TO THINK

Sometimes you don't want to think at all, which I totally get, so once warm, just do this!

- 2 Lunges
- 2 Frog's Legs
- 2 Downward Dogs
- 2 Bench Dips
- 2 Lie On Back Get Ups (!) (literally lie on your back and stand up)

Then 4 of each, 6 of each and so on for as long as you have available!



WORKOUT 12

PAIRS

Again, super simple (that usually helps for me!) just choose two exercises, choose a set number of reps you'll do them each time, and the time you're going to work for.

When we did this, I had some new weights I wanted to try, however there is a bodyweight version below, no need to own weights to try this out!

Here's how...

Set the timer for 15 minutes.

Do 5 Bent-over Rows then immediately 5 Double Squat and Press

Rest for as long as you need, but try to get as many sets done as possible.

Bodyweight version:

5 Burpees, 5 Starfish

If you don't have to rest before moving to your second round, you don't have to, but do please take rests as and when you need them!



WORKOUT 13

ALPHABET WORKOUT

Because I like a challenge, here's a 26 exercise MEGASET, one for each letter of the alphabet...

- American Football running (do a half squat, hold your arms out and run on the spot!)
- Burpees (of course!)
- Curtsey Lunges (step diagonally behind your other leg each time)
- Deadlift (Hinge at the waist keep your shoulder back and sticking your bum out)
- Elbow plank
- Flutter kicks (lie on your back, straight legs doing small alternating kicks)
- Goblet squat (hold anything in the goblet position - under your chin)
- Hip Twists (on your hands and toes, bring your L knee to your R elbow and alternate)
- Isometric Bicep Holds (hold one arm at 90 degrees, put your free hand on top to create resistance)
- Jumping Jacks
- Kickbacks (put your hands on the sofa and kick one leg up in the air, then the other)
- Lying Cycles
- Mountain Climbers
- Negative Squats (take 10 seconds to do the down part)
- One Arm Plank
- Push-ups
- Quick Feet (standing on the spot, do out, out, in, in with your feet, quickly!)
- Reverse Crunches (start at the top, control yourself down and back up)
- Sumo Squat (take a nice wide stance)
- Tricep Dips (bench dips)
- Up Downs (or Push-up to Plank, on your hands and toes, go down to your forearms and back up again)
- V-Sits (lie flat, legs straight, lift one leg and both arms to meet it, leg down, change legs, keep alternating)
- Windmill (take a wide stance and touch your L hand to your R foot and keep alternating)
- X-Crunch (in the crunch position hands behind your head, take your L elbow to your R knee, lie back down and swap sides)
- Y-Raise (lying face down have your arms out front straight, and lift and hold them off the ground and your upper body too, to work your back)
- Zen pose of your choice! A nice moment of peace or a stretch to finish!



WORKOUT 14

OPPOSITES

Your body has a front AND a back (no really!) but lots of people neglect the back!

This workout pairs opposing muscle groups to help you better understand the mechanics of your body - so I'll explain what area each move does...

1. Static Squat and Bridge Raises
 - a. Static Squat is a squat held at the bottom of your squat range and works your quads (front of the thighs)
 - b. Bridge Raises work the backs of the legs, the hamstrings and bum
2. Hollow Hold and Dorsal Hold / Superman
 - a. Hollow hold is sitting on the floor balancing on your bum, making a hollow shape with the top of your body and holding still, which works your core
 - b. Dorsal Hold is a static hold, face down on the ground holding your upper body and arms off the ground, to work your back
3. Tricep Push-ups and Static Bicep Curls
 - a. Put your hands close together to do a Tricep Push-up to work the backs of your upper arms
 - b. Static Bicep Curls work the front of the upper arm - hold one arm at 90 degrees and put your free hand on top of the lower hand to create resistance - try to raise your lower arm
4. No Weights Chest Press and Deadlift
 - a. No Weights Chest Press works your chest (!); put your palms together, fingers pointing away from you, held at chest height. Take three seconds to straighten your arms, and 3 seconds to bring your hands back to your chest
 - b. Deadlift works the back of your body; standing up, keep your shoulders back and stick your bum out and hinge at the waist til you feel a stretch in the back of the legs, then stand up and squeeze your bum
5. Plank and Reverse Plank
 - a. Plank on your forearms or your hands works your core, shoulders and bum
 - b. Reverse Plank, flip over, push up and lock your arms, so only your hands and ankles are on the ground, body facing the ceiling - keep your bum squeezed to work your bum and hamstrings

>> Try 30 seconds on each move



WORKOUT 15

DICE

Clearly for this workout you need at least one die - if you can get three that will make life even easier, but I appreciate more than one might not be to hand!

Here's how...

Assign the following to each one

Die 1 - Type of exercise

Die 2 - Number of reps

Die 3 - this is the kicker... Multiplier!

Decide what your 6 exercise choices are:

- 1 - Burpees
- 2 - Push-ups
- 3 - Jumping Jacks
- 4 - Frog's Legs
- 5 - Side Lunges
- 6 - Dorsal Raises

Set the timer for, ooh 12 minutes sounds about right, then roll the dice...

Say you roll a 2, a 5 and 3...

You would do 15 Push-ups (5 reps x 3 multiplier).

Or if you rolled a 4, a 6 and a 5...

You would do 30 Frog's Legs!

You can choose any exercises and if you only have one die, just roll it three times.

... No more bets!



BONUS!

MEDITATION

The Inner You is just as important as the Outer You to look after - probably more so.

A lovely way to do this is with meditation, and you may be surprised at how little time is needed to totally transform your day.

At the end of many of the workouts, we would sit quietly for anything from 2 to 5 five minutes, with our eyes shut, taking those moments to reflect and find some peace.

Here's how...

Set a countdown timer on your phone or watch for 2 minutes.

Sit upright on a chair or on a cushion on the floor - don't lie down as you're liable to go to sleep!

Shut your eyes and start to focus on your breathing.

You WILL have thoughts pop into your head - the goal isn't to clear your mind and remember, there's no right or wrong way to meditate.

It's called a meditation *practise* as the act of doing it is enough.

To help you, try focusing on your breathing, and in your mind count your breaths one of these ways:

1. Count one on the in breath, two on the out breath - try to get to 10, and if you get distracted and realise your focus has wandered, start again from one
2. Count the beats of your breathing - try 5 beats on your in breath, and 7 on your out breath - slightly longer on your out breath can really help to calm you

Other things to try:

With your eyes shut, look into the darkness, what can you see, or sense?

With your eyes shut, see how much of your body you can feel - the parts in contact with the back of the chair, your hands in your lap - what shapes and sensations can you make out?



BONUS!

THE CHALLENGES

At the end of each workout, there was always an optional (usually) two minute challenge.

Doing mini tests like this regularly is a great way to see - with actual data and numbers - how your fitness and strength is progressing, and in a few weeks, all the regulars' numbers were shooting up.

Here's how...

Set a timer for 2 minutes and try to complete the following - rest when you need to, no need to be a hero, and modify the exercises as necessary.

Done together, they also work well as a whole workout too!

Monday - Sit-ups; Crunches, Diamonds all good. We added in home weights (in the form of a pair of cans of coconut milk!) to sit up and punch out to the sides

Tuesday - Balance; stand on one leg for 1 minute, the other leg for 1 minute - make this tougher by holding the free leg and contorting your body to change your centre of gravity

Wednesday - Push-ups; this started with pure volume and we even invented a new style, The Jose Push-up, named after Jose (obviously) who joined in on the regular. A Jose Push-up is 5 seconds doing the down part, 1 second pause just above the ground, drop fully to the ground, hands off the floor, hands back down and push up!

Thursday - Squats; this also started with pure volume and evolved to be the Sumo Squat variety, Tempo (slow down and/or up) or 1.5 Squats (all the way down, half way up, all the way down, all the way up!)

Friday - Burpees! Walking, one arm, to the floor (aka. b'stards), what's your fancy?

Saturday - Plank - this got out of hand as two minutes became too easy, too quickly, so we added a minute or two til we got to 10 minutes and THAT WAS ENOUGH!

Sunday - Wall-sit - this also got extended and got exponentially tougher. Doesn't sound hard does it: sit against a wall without a chair for as long as you can...



THE EXERCISES

Not sure how to do a move? Allow me to help!

Just click on its name and hey presto! There I am, almost as if I'm in the room with you!

[Push-ups](#)

[Press-up to Plank](#)

[Side Lunges](#)

[Chest Press No Weights](#)

[Tempo Push-ups](#)

[Lunges](#)

[Squats](#)

[Mountain Climbers](#)

[Don't Spill the Drinks](#)

[Toes to Sky](#)

[One Arm Plank](#)

[Side Plank](#)

[Deadbugs](#)

[Bench Dips](#)

[Lying Cycles with Hold](#)

[Don't Spill the Drinks](#)

[Crunches & Pulses](#)

[And everything else is on my YouTube channel!](#)



FITTER CONFIDENT YOU

When is Online Personal Training not Online Personal Training?

When it's in the Fitter Confident Youniverse!

If you've struggled to get fit, or lose fat, or put on muscle, or just thought

"I'm not sure this fitness this is for me," then Fitter Confident You can help.

FCY specialises in helping guys who feel stuck.

Guys who want to do something to feel fitter, stronger, healthier, happier... But aren't sure where to start.

FCY will help you get the wheels turning in a fun, sustainable way that fits into any schedule.

As my thank you to you for getting this far...

If you feel stuck and would like a free chat about how to move forward, you can book a call straight into our diaries [via this link](#).

And if you have any questions about these workouts, Fitter Confident You, Capybaras or anything really, you can always reach me via matt@fitteryou.net

