

AT HOME

Workout Guide

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HEY BABE!

Look, I get it. Some days there is just no way I'm going to make it to the gym. Whatever the reason, here's your reason to not miss a workout!

Whether you're at home, traveling, or doing whatever it is you do, take this and sweat it out!

The opportunity to move and be active is such a gift. They say health is wealth, and honestly, it couldn't be more true.

I made this workout guide with one purpose in mind: keep exercise **fun, effective**, and able to be done **ANYWHERE**. Infused with positive vibes, of course.

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Let's do this

This guide provides you with an entire month of workouts- 4 workouts per week. The workouts vary between upper body focus, lower body focus, and full body. Remember that it's so important to take rest days, and always stretch before & after a workout.

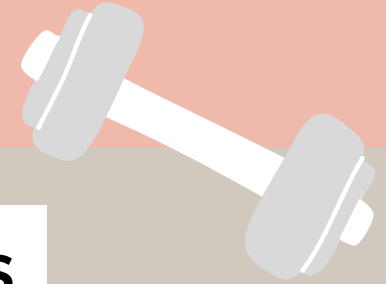
Because I've made this ebook FREE and available to everyone, I have a favor to ask you- post about your workouts and progress, tagging **@accentuatewellness** on Instagram. Thank you in advance, sending so much love your way!

-good vibes only-



Workout 1

Equipment needed: set of dumbbells



Circuit 1: 45 seconds on, 15 seconds rest x 3 rounds

push up to plank jack
single arm bent over row to fly
other side
burpee shoulder press

keep core super tight!

Circuit 2: EMOM x 3 rounds

15 x bicep curl to shoulder press
20 x alternating plank opens (each side)
30 x weighted jumping jacks
12 x plank up downs (commandos)

Circuit 3: 45/10 round 1, 30/10 round 2, 15/10 round 3

lay down burpees
dolphins
chest fly with alternating leg lift
bear hold twist toe tap
boat position hold rope pulls

you don't sweat, you sparkle

Workout 2

Equipment needed: your beautiful self ✨

Complete circuit 4 times through
30 seconds on, 15 seconds rest

lateral squat jumps
crab stance toe touches
alternating lunge jumps
plank to down dog toe touch
squat jumps with oblique crunch
walk into plank, tuck jump
push up (2) mountain climber (4)
lateral shuffle, burpee, plank up down

CORE FINISHER 30-30-30-30-30-30

plank
knee crunch to opposite elbow
side plank
hip dips in plank
other side plank
plank knee taps

switch every 30 seconds to next move

#bitcheslovefitness

Workout 3

Equipment needed: mini loop resistance band

Circuit 1: 60/10, 45/10, 30/10, 15/10

table top **banded** kickbacks
other side
reverse lunge to front kick
other side

banded squat pulse (3) squat jump (1)

*don't forget to post
and tag
@accentuatewellness!*

Circuit 2: 3 sets of each exercise

12 **banded** sumo squats
15 curtsy lunge to balance
15 other side
20 **banded** hip thrust with abductor pulse

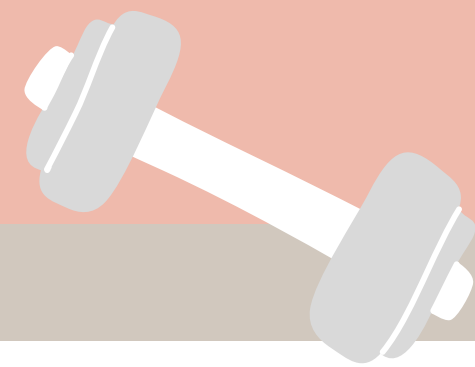
Circuit 3: 40/20 x 3 rounds

plank step through to toe touch
lateral squat jumps
squat jump with oblique twist
skaters



Workout 4

Equipment needed: set of dumbbells



Every Minute On the Minute

complete 3 to 4 rounds

12 side plank to single arm row and press

10 squat to reverse lunge with press

12 other side plank to row and press

15 single leg deadlift to bicep curl

10 alternating plank knee crunch to opposite elbow

15 other side SL deadlift to curl

10 burpee to push up to plank jack

20 tricep kickbacks with toe tap

10 chest fly with leg extension

30 high knees (each leg)

Post-Workout Smoothies

Berrylicious

blend:

1/2 cup frozen berries
1 cup frozen spinach
1 scoop protein powder
1 tbsp flax seed
1 cup almond milk

Sugar and Spice

blend:

1/2 frozen banana
1/2 cup frozen riced cauliflower
1 scoop vanilla protein powder
1 tbsp chia seed
1/2 tsp each: cinnamon, cardamom,
ginger, cloves, nutmeg
1 cup almond milk

Pineapple Whip

blend:

1/2 cup frozen pineapple
1/2 cup frozen riced cauliflower
1 scoop vanilla protein powder
1 tbsp almond butter
1 cup almond milk

Workout 5

Equipment needed: just YOU

what's your motivation?

Circuit 1: Ladder (2-10, then 10-2 reps)

push up to side plank open
lay down burpee
tricep dips

option to do all pushups on knees
for modification!

Circuit 2: 45/15 x 3 rounds

pike push ups
plank with side to side toe taps
tricep push ups
seated tuck ins

Circuit 3: complete 3 rounds

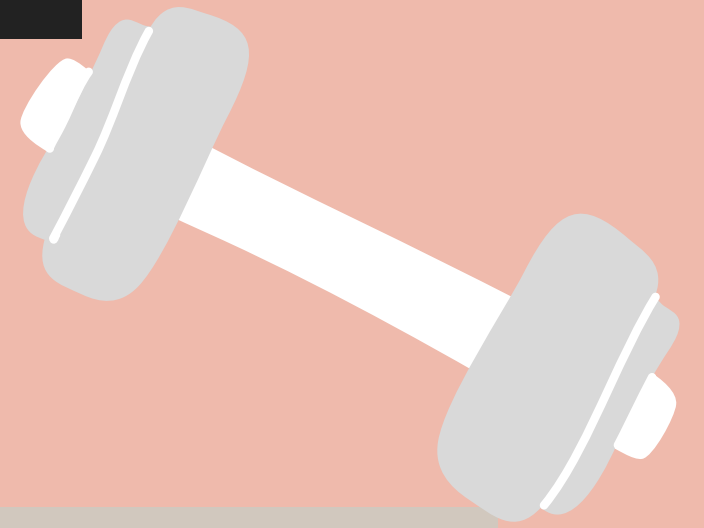
20 plank shoulder taps
10 down dog from hands to elbows
10 right side plank hip dips
10 left side plank hip dips
20 plank hip dips

core crusher

show me your workout! @accentuatewellness

Workout 6

Equipment needed: set of dumbbells



increase from 1 to 10 reps

bicep curl to shoulder press

weighted sumo squats

bent over reverse fly

deadlift to upright row

russian twists (each side)

decrease from 10 to 1 reps

commandos

skaters (each side)

plank jacks

crab toe touches (each foot)

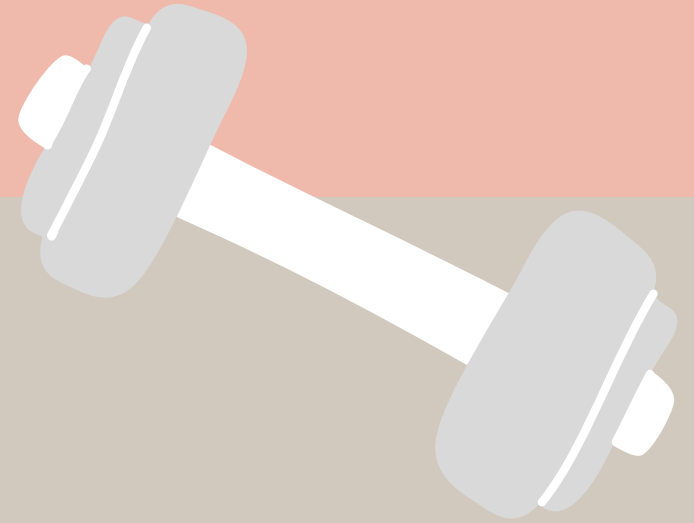
pop squats

1 minute each
just 1 round

push up open to side plank
plank hip dips
bear stance step to plank
renegade rows

Workout 7

Equipment needed: set of dumbbells



Circuit 1: AMRAP for 10 minutes

15 sumo squat with pulse
12 narrow to wide squats
15 right SL deadlift
15 left SL deadlift

Circuit 2: 30/10 x 4 rounds

squat stance jacks
quick weighted glute bridges
alternating reverse lunges with weighted twist

twist towards front leg

Circuit 3: 1 min/10 sec x 3 rounds

plank knee tuck in to kick back
(switch @ 30s)
static lunge pulse right
static lunge pulse left

#bootyburn



Workout 8

Equipment needed: nothin!

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Circuit 1: 45/15 x 3 rounds

high knees
plank jacks
squat jumps

Circuit 2: 30/15 x 3 rounds

skaters
push up shoulder reach
lay out to opposite toe touch

Circuit 3: 15/15 x 3 rounds

commandos
tuck jumps
burpee to squat jump

Morning Routines

Having a consistent morning routine is so important for getting in the right mindset, preparing for productivity, and making sure you've cleared your mind and set goals for the day

A TYPICAL MORNING-

ooooo

wake up, drink a glass of water, and make tea
spend time journaling thoughts, emotions, gratitude
read a chapter of current book
make coffee (my favorite part)
change for workout or work (depending on day)
go for a walk
begin workout or work day

ooooo

Do you have a morning routine that wakes you up, makes you feel whole, and gets you adjusted to the day? It could be as simple as setting an intention before getting out of bed, doing 5 minutes of stretching, or sitting in silence with your cup of coffee. Try It out

Workout 9

Equipment needed: mini loop resistance band

Circuit 1: 40/20 x 3 rounds

right side **banded** lat pull downs
left side **banded** lat pull downs
push up to **banded** renegade row
plank to down dog toe touch

resistance band under shoe

Circuit 2: 30/10 x 3 rounds

single arm **banded** bent over row
other side **banded** row
burpee plank jack
superman to goal post arms

squeeze elbows to sides like crazy!

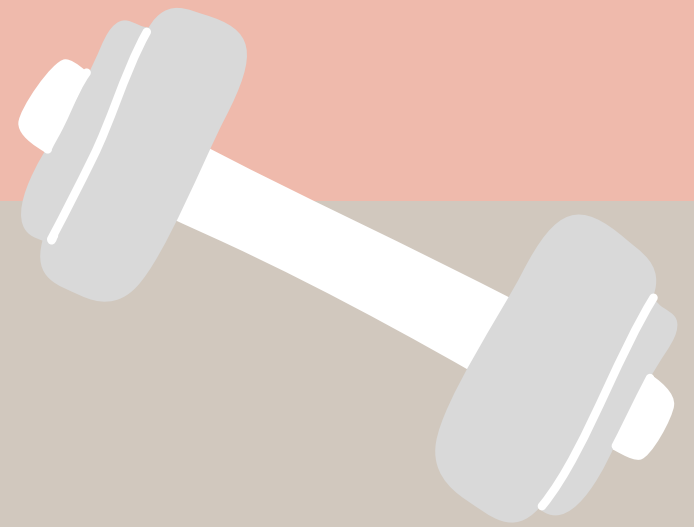
Circuit 3: 40/20 x 3 rounds

russian twists
right side pushup
left side pushup
dolphins

*this workout is amazing for
counteracting poor posture!*

Workout 10

Equipment needed: set of dumbbells



Circuit 1: AMRAP for 8 minutes

12 squat to shoulder press
10 right side lateral lunge to curl
10 left side lunge to curl
bicep curl to press to skull crusher

Circuit 2: 40/20 x 3 rounds

lateral squat jumps
lunge jumps with pulse
half burpees with press
push up plank jack

Circuit 3: Ladder 2-10 then 10-2 reps (increase by 2)

weighted pulse squat
bent over row
alternating curtsy lunges (both sides)

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Workout 11

Equipment needed: chair or bench, and dumbbells

Circuit 1: 1 minute/15 sec x 3 rounds

weighted hip thrusts
jump squats
alternating weighted reverse lunges

Circuit 2: 40/20 x 3 rounds

alternating lunge jumps with pulse
right side weighted bulgarian split squat
left side split squat

Circuit 3: 30/15 x 3 rounds

right side power ups
left side power ups
plank knee taps
sumo squat pulse with weight



burn it out baby

Workout 12

Equipment needed: absolutely nothing

Complete 3 rounds of 30/15

push up open to side plank

high knees

plank jack (4) to bear hold

skaters

commandos

alternating oblique standing crunches

down dog from hands to elbows

skier jumps

walk into plank, shoulder reach

jumping jacks

*no burpees,
you're welcome*



Hydration

Drink up, baby!

aim for half your body weight
in ounces daily

WAYS TO GET IT IN:

unsweetened tea, hot or iced

seltzer water

infused water (cucumber, mint, lemon...)

I recommend beginning your day with a glass of water right when you wake up (16-20oz). This will set the tone for the day- hydrated skin is glowing skin!

Workout 13

Equipment needed: mini loop resistance band

Circuit 1: EMOM x 3 rounds

10 push up to **banded** renegade row
12 right side **banded** bicep curl
12 left side **banded** bicep curl
20 **banded** shoulder press tracer
20 **banded** pull aparts

Circuit 2: 45/15 x 3 rounds

boat hold with alternating **banded** archer
left side **banded** tricep extension
right side **banded** tricep extension

Circuit 3: 20/10 x 4 rounds

jack push ups (alternating for modification)
explosive tricep dips

toning for sexy arms ✨

Workout 14

Equipment needed: just your strength

Circuit 1: 45/10, 30/10, 15/10

right side plank to front toe touch
left side plank to front toe touch
pop squats

*base foot swings in front of body
to meet hand*

Circuit 2: 40/20 x 3 rounds

pushup to alternating knee crunch opposite elbow
squat to alternating front kick
plank side step to spiderman step (foot to hand)

Circuit 3: 3 rounds

50 jumping jacks
10 plank to down dog (use abs to raise hips)
mountain climber (4) to push back to push up

Workout 15

Equipment needed: mini loop resistance band

Circuit 1: 20/10 x 4 rounds

banded sumo squat pulse jump
banded squat stance lateral walks

move as quick as you can!

Circuit 2: 40/20 x 3 rounds

right side curtsy lunge pulse to knee drive
left side curtsy lunge pulse knee drive
burpee lateral shuffle
right side **banded** kickbacks
left side **banded** kickbacks

Circuit 3: 3 rounds

10 right side single leg glute bridge
10 left side SL glute bridge
10 glute bridge hold step straight out and in
10 roll back squat to stand

Workout 16

Equipment needed: set of dumbbells

Circuit 1: 30/15 x 3 rounds

right arm weighted squat to press
left arm weighted squat to press
burpee, renegade row, bicep curl

Circuit 2: 45/15 x 3 rounds

push up, lay down, superman
crab toe touches
weighted deadlift, bent over row

Circuit 3: 40/20 x 3 rounds

alternating reverse lunge to lateral raise
mountain climbers
plank side to side toe taps

crushed it!



DEDICATION, HARD WORK

Congrats on finishing these workouts! I hope you are feeling strong, sexy, and motivated to continue working towards all of your goals.

Feel free to complete this entire ebook again- your progress will only continue, and you can push harder each time you complete a workout!

PLEASE remember to post about this on social media, tagging me as you show off all of your hard work!

I really wanted to make this available to everyone, free of charge. In return, I ask that you support me by sharing what you love about this ebook, and what you've accomplished!

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