



4

WEEK

LOCKDOWN

GUIDE



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# DISCLAIMER

You must get your physician's approval before undertaking this fitness program. The recommendations provided are not medical guidelines but are for educational purposes. If you have any previous history of medical conditions or injuries, then you must consult your physician before starting this program. The program is designed for healthy adults 18 and over.

The Information in this report is not meant to supplement, nor replace proper exercise training. All exercise will pose some inherent risks. As the author, I encourage all readers and participants to take full responsibility for their safety and to understand the risks involved. If you are going to be doing this program at home, make sure that all of your equipment is safe and in working order. The exercises and dietary guidelines in this book are not intended to replace an exercise routine or dietary plan that has been prescribed by a physician.

If you are training alone, lift within your means and be sure you are not injured, sick or unsure of how to correctly execute the movements. If you are taking medication, talk to your physician to see if you can partake in physical activity. If you begin to experience dizziness, lightheadedness or shortness of breath, STOP and consult your physician or doctor.

If you are sedentary, have high blood pressure or diabetes you must have a physical examination before beginning this program. Please discuss all dietary changes with your physician or registered dietician. This program is intended for informational use only.

# INTRODUCTION TO THE PLAN



## 01 AUTHOR

Welcome to the 4 week Locked Up guide!

My name is Will Carter and I'm the creator of this program with the goal of taking your health and fitness to the next level. I have been a personal trainer for 8 years, having worked on Royal Caribbean Cruise lines and now owning my own gym in Monroe, NC. I am extremely passionate about health and fitness and believe it can lay the foundation for success in all other areas of your life

## 1.1 INTRODUCTION

This guide is designed to help you work on improving or maintaining your physical fitness during this lockdown. I am fully aware that a lot of you will not have equipment at home, so the exercises in this guide will be done with bodyweight and using resistance bands. If you have db's or KB's at home, then you can substitute those in instead of certain exercises.

## 1.2 PROGRAM PURPOSE

This guide does not replace the need for a gym. While it is extremely important that you continue to move and be active during a lockdown, you will not progress on this plan as well as you could progress in a gym setting. Resistance bands don't replace machines, barbells etc. The goal of this guide is to help you not take a, "well I'll just wait until lockdown ends" approach, something is always better than nothing!

## 1.3 WHAT WILL YOU GET

You're going to get a 4-day training split following an upper/lower approach, 2 upper days and 2 lower days. Obviously having no equipment is not ideal, but we are going to make it work and do the best we can to ensure that you continue to become the healthiest, fittest YOU!

## 02 TRAINING REGIMEN

### 2.1 INTRODUCTION



As explained above, you are going to be following an upper/lower split for 4 weeks. The exercises will not change in those 4 weeks, the goal is for you to achieve progressive overload with those movements. Ideally, once the 4 weeks is up, lockdown will be over, and you will be able to get back in the gym. Once you're back in the gym, check out my **"16-week Ultimate Transformation guide"**.

What exactly does progressive overload mean?

In order to progress in the gym, there must be an increase in stimulus. If you did the exact same exercises with the same weight, same reps, same number of sets for months on end, your body would adapt and there would be no progression. In other words, your body must be continuously challenged in order to change and grow.

So how can we achieve progressive overload?

Progressive overload can be achieved by increasing the number of reps, increasing weight, better execution and form with the exercise, or even increasing the frequency with which you train a muscle group (not typically necessary until you've trained for a couple of years).

**Example.**

**Week 1 - DB chest press 3 sets of 8 reps @ 25lbs**

**Week 2 - DB chest press 3 sets of 10 reps @ 25lbs**

**Week 3 - DB chest press 3 sets of 10 reps @ 30lbs**

Eventually, you will get to a point where you can't increase the reps or the weight for that number of reps. At that point, you could change the DB chest press for a barbell bench and then overload that movement the same way.

Because you are going to be working out with minimal equipment, your progression might look like this.

**Week 1 - Push-ups 3 working sets of 6**

**Week 2 - Push-ups 3 working sets of 8**

**Week 3 - Push-ups 3 working sets of 10**

**Week 3 - Push-ups 3 working sets of 12**

I am not saying that progression is guaranteed to work like this, it will also depend on your commitment to your diet, hydration, sleep, stress management. If you only sleep for 4 hours, your workouts will suffer, and progression will become less likely. If one day you are not feeling up to progression, then just focus on executing the movement well and trying to get a better connection to the muscle group you are working.

## 2.2 WEEK 1-4



### Warm up

Never skip out on your warmup.

In order to perform at the right level and avoid injuries, it's important that you take your warmup seriously. Below I'm going to give you the warmup that I'd like you to complete prior to each workout.

- **World's greatest stretch 1 x 10e**
- **Banded Shoulder external rotation 1 x 10e**
- **Bodyweight squats 1 x 15**
- **Banded rows 1 x 15**
- **Banded Cuban press 1 x 10**

**Remember, the above is just a warmup, do not go too hard.**

**Workout A** - Lower (Aim to keep rest periods around 90-120 seconds. If you see something labelled as A + B, that means it's a superset and exercises should be completed back to back and then rest)

**1a** - Bodyweight/weighted squats - 3 working sets of 8-10 reps

If you have a DB/KB then you can hold it at your chest like a goblet.

**1b** - Reverse lunges - 3 working sets of 8 each leg

Alternate legs each rep. If you have db's then you can hold them to add resistance.

**2a** - Banded pull throughs - 3 working sets of 12 reps

**2b** - Single leg glute bridges - 3 working sets of 10 reps each leg.

**3a** - Banded split squats 3 working sets of 8 each leg

**3b** - Lateral lunges 3 working sets of 8 each leg

**Workout B** - Upper (Aim to keep rest periods around 90-120 seconds)

**1a** - Bent over banded/db rows - 3 working sets of 10

If you have db's use those instead of the band, but a band will suffice if not.

**1b** - Push-ups - 3 working sets of 10

Perform on knees if needed.

**2a** - Banded lat pulldowns - 3 working sets of 12

**2b** - Banded pallof press - 3 working sets of 10 each side

**3a** - Banded overhead shoulder press - 3 working sets of 12

If you have db's, you can also use db's for this exercise

**3b** - Lying Y, T, W's - 3 working sets of 8 each movement

Complete all Y's, then T's, then W's.

**4a** - Banded face curls - 3 working sets of 12

**4b** - Banded tricep pushdowns - 3 working sets of 12

**Workout C** - Lower (Aim to keep rest periods around 90-120 seconds)

**1a** - Bulgarian split squats - 3 working sets of 8 each leg

If these are too easy, place a band under the front foot and around the traps. You can also hold db's here if you have them.

**1b** - Kneeling banded hip thrusts - 3 working sets of 12

**2a** - Banded Romanian deadlifts - 3 working sets of 8

You can also use db/KB's if you have them.

**2b** - Pistol squats to box/chair - 3 working sets of 8 each leg

Start with a higher box, chair and then gradually get lower as you get more comfortable with the movement.

**3a** - Banded quadruped knee extensions - 3 working sets of 12

**3b** - Banded lying leg curls - 3 working sets of 12

**4a** - Banded straight leg deadbugs - 3 working sets of 10 each leg

**4b** - Standing banded hip abduction - 3 working sets of 10 each leg

**Workout D - Upper** (Aim to keep rest periods around 90-120 seconds)

**1a** - Kneeling single arm banded rows - 3 working sets of 10 each side

**1b** - Banded front raises - 3 working sets of 12 reps

Can use DB's here if you have them.

**2a** - Banded floor chest press - 3 working sets of 12

**2b** - Lying banded lat pulldown - 3 working sets of 15

**3a** - Single arm banded side raises - 3 working sets of 10 each arm

**3b** - Banded wall walks - 3 working sets of 10 up and down

**4a** - Banded curls - 3 working sets of 12

**4b** - Overhead banded tricep extensions - 3 working sets of 15

## 2.3 **CARDIO**



For cardio,

I would like you to incorporate Tabata 2-3 x a week.

Tabata is quick and requires minimal equipment. You are not all going to have treadmills, ellipticals, bikes in your house, so let us keep the cardio simple. With that being said, I always recommend getting out and going for a walk or bike ride with your spouse, kids, dog etc. Fresh air is good for the soul and a great way to use time to set goals and reflect.

**Tabata options** - For Tabata, you will pick one of the following exercises, then you will work for 20 seconds, followed by 10 seconds of rest and repeat this for 8 rounds (just 4 minutes of work, WINNING.)

- **Jump rope**
- **Lunges**
- **Jumping jacks**
- **Squat jumps**
- **Mountain climbers**
- **Sprints**



Now, you have come to the end of this guide. Remember, fitness isn't just about your physical health, it's your mental health as well. By the end of the 4 weeks not only do I want you to be in a better position physically, but I also need you to do things that are going to help your mental health. Here are some things I want you to consider that will help your mental fitness.

- **Podcasts**
- **Books / audiobooks**
- **Meditation**
- **Starting a side business**
- **Positive self-talk**
- **Goal setting**

There are many other options, but I don't want you to feel overwhelmed. I look forward to receiving your feedback and helping you on your journey to becoming the best YOU!