

A man with curly hair and a beard is performing a shoulder press exercise with two black hexagonal dumbbells. He is wearing a black tank top with the word "NOBULL" printed on it and black shorts. He is standing in a home gym with wood-paneled walls. In the background, there is a black Rogue rack, a blue foam roller, and a collection of dumbbells and kettlebells on the floor. A young child in a pink shirt and blue overalls is watching him from the bottom right corner. The text "GET FIT AT HOME" is overlaid in two black boxes with white text.

GET FIT AT HOME

A logo consisting of a white capital letter "R" centered within a teal-colored circle.

R

Welcome to the 4 week Get Fit at Home training plan. This 4 week has been designed so you can get fit at home with minimal equipment. Perfect for those days when you can't make it to the gym or even if you're looking for a quick workout to get in before heading to work. I want you to be able to keep progressing towards your goals with this 4 week plan

All you need for these workouts is:

1x Kettlebell (Weight of your choice)

2x Dumbbells of the same weight

1-2x Resistance Bands (of different tensions if possible)

This training program is designed to push your current boundaries and expose you to movements you may not have been exposed to before and most of all, keep fitness fun.

I hope you enjoy the workouts and be sure to tag me in them on social media and share your progress.

[@RobStubbsPT](#)

[#GetFitWithRob](#)

TRAINING DAY CONTENTS

WEEK 1 - DAY 1.....	4
WEEK 1 - DAY 2.....	5
WEEK 1 - DAY 3.....	6
WEEK 2 - DAY 1.....	7
WEEK 2 - DAY 2.....	8
WEEK 2 - DAY 3.....	9
WEEK 3 - DAY 1.....	10
WEEK 3 - DAY 2.....	11
WEEK 3 - DAY 3.....	12
WEEK 4 - DAY 1.....	13
WEEK 4 - DAY 2.....	14
WEEK 4 - DAY 3.....	15

Want to easily navigate this PDF? Click the day you are up to and navigate straight to where you last left off

WEEK 1 - DAY 1

EXERCISE		SETS	REPS	REST
		COMMENTS		
GET GOING				
10 <u>Alternating Lunges</u> + 10 <u>Push Ups</u> + 10 <u>Jump Squats</u>		2-3 Rounds Focus on moving through with quality of movement rather than for time Click each movement for demo		
MAIN				
A1	Dumbbell Floor Press	3	8	0s
		Control the descent and do not slam elbows on the floor		
A2	Alternating Dumbbell Curls	3	16	0s
		Keep elbows slightly forward and keep your torso as still as possible		
A3	Hindu Push Ups	3	MAX reps	30-60s
		Go through these with intensity, but stop 1 rep shy of failure until the last set		
B1	Static Goblet Split Squat	3	6 each leg	0s
		Focus on lowering yourself straight down, rather than pushing your knee forward		
B2	Single Arm Kettlebell Front Squat	3	6 each arm	0s
		Keep your torso tall throughout and do not let the kettlebell pull you forward		
B3	Jump Lunges	3	20	30-60s
		Focus on height rather than speed		
C1	Lying Leg Raises	3	10	0s
		Push your lower back into the floor throughout		
C2	Russian Twists	3	20	60s
		Twist your torso rather than just throwing your arms side to side. Add weight if possible		
FINISHER				
D1	As Many Rounds As Possible In 8 Minutes 6 each arm Single Arm Dumbbell Thrusters 12 Chest To Floor Burpees *Your goal here is to move consistent throughout and look to increase pace towards the end. Try and go unbroken on the dumbbell thrusters			

WEEK 1 - DAY 2

EXERCISE		SETS	REPS	REST
		COMMENTS		
GET GOING				
10 Lateral Lunges + 5 Walk Outs + 5-10 Hand Release Push Ups		2-3 Rounds Focus on moving through with quality of movement rather than for time Click each movement for demo		
MAIN				
A1	Dual Dumbbell Row	3	10	0s
		Keep neutral spine and focus on pulling towards your hips as you squeeze your back		
A2	Bench/Chair Tricep Dips	3	12	0s
		<i>Keep a tall torso and focus on bending from your elbows rather than your shoulders</i>		
A3	Band Pull Aparts	3	15	30-60s
		<i>Keep shoulders depressed. Pull apart from your shoulders rather than your triceps</i>		
B1	Single Leg Dumbbell Deadlift	3	6 each leg	0s
		<i>Find balance before you hinge over. Take your time</i>		
B2	Banded Glute Bridge	3	12	0s
		<i>Keep tension on the band throughout and keep your belly button pulled towards your spine</i>		
B3	Bodyweight Lateral Lunges	3	10 each leg	30-60s
		<i>Stay tall and sit back and down into your hips</i>		
C1	Single Arm Dumbbell Upright Row	3	6 each arm	0s
		<i>Focus on pulling up through your elbow</i>		
C2	Seated Overhead Tricep Extension	3	10	60s
		<i>Keep your ribcage down as you perform these. Focus on bending from your elbows</i>		
FINISHER				
D1	3 Rounds For Time 20 Russian Kettlebell Swings 20 Hollow Rocks *Your goal here is to try and do each movement unbroken			

WEEK 1 - DAY 3

EXERCISE		SETS	REPS	REST
		COMMENTS		
GET GOING				
5 Hindu Push Ups + 10 Air Squats + 5 each leg Single Leg Glute Bridges		2-3 Rounds Focus on moving through with quality of movement rather than for time Click each movement for demo		
MAIN				
A1	Renegade Row	3	6 each arm	0s
		Keep your hips still and maintain tension through your midline. Try not to rock your hips from side to side as you row the dumbbell		
A2	Single Arm Kettlebell Reverse Lunge	3	6 each leg	0s
		Stay tall throughout. Don't let the kettlebell pull you forward as you lunge.		
A3	Side Plank	3	30s each side	30-60s
		Keep your shoulders in line with your elbows and your shoulders, hips and knees should all be in line. Have a slight crunch up into your oblique's		
B1	5s Tempo Goblet Squat	3	6	0s
		Keep the dumbbell close throughout your whole rep. Ensure you lower down for 5 seconds before coming back up		
B2	Dumbbell Push Press	3	10	0s
		Hips back and knees out as you dip. Don't just push your knees forward		
B3	Hollow Hold	3	30s	30-60s
		Keep lower back compressed into the floor		
C1	Kneeling Dumbbell Hammer Curl	3	6 e/s	0s
		Knees close and bum squeezed throughout.		
C2	Lying Dumbbell Tricep Extension	3	12	60s
		Elbows in line with your forehead. Focus on pushing the dumbbells away from you rather than up		
FINISHER				
D1	For Time 15-10-5 Devil Press 30-20-10 Butterfly Sit Up *Your goal here is to keep a steady pace with the devil press and then recover as you do your sit ups. Then when you get back to the devil press you can			

WEEK 2 - DAY 1

EXERCISE		SETS	REPS	REST
		COMMENTS		
GET GOING				
10 Alternating Lunges + 10 Push Ups + 10 Jump Squats		2-3 Rounds Focus on moving through with quality of movement rather than for time Click each movement for demo		
MAIN				
A1	Single Arm Floor Press	3	8 each arm	0s
		Control the descent and do not slam elbows on the floor		
A2	Half Kneeling Kettlebell Press	3	8 each arm	0s
		Keep elbow tight and your ribcage down as you press		
A3	Push Ups	3	MAX reps	30-60s
		Go through these with intensity, but stop 1 rep shy of failure until the last set		
B1	Dual Dumbbell Front Squat	3	8	0s
		Focus on keeping your chest tall as you descend and not allow the weights to pull your forward		
B2	Kettlebell Lateral Lunge	3	6 each leg	0s
		Keep your torso tall throughout and do not let the kettlebell pull you forward		
B3	Air Squats	3	20	30-60s
		Focus on speed and pump your legs up		
C1	Side Plank Rotations	3	8 each side	0s
		Keep your shoulders in line with your hips, knees and ankles and control the rotation so you don't fall		
C2	Deadbug w/ Heel Touch	3	8 each leg	60s
		Push your lower back into the floor and don't let it come up as you lower your heel down		
FINISHER				
D1	For Time 30 Kettlebell Clean & Press *15 each arm *Break up as you see fit. Example is swap arms every 5 reps you can up the intensity as the reps are dropping			

WEEK 2 - DAY 2

EXERCISE		SETS	REPS	REST
		COMMENTS		
GET GOING				
10 Lateral Lunges + 5 Walk Outs + 5-10 Hand Release Push Ups		2-3 Rounds Focus on moving through with quality of movement rather than for time Click each movement for demo		
MAIN				
A1	Suitcase Kettlebell Deadlift	3	8 each side	0s
		Keep your shoulders square, rather than twisting your body down to the kettlebell		
A2	Goblet Reverse Lunge	3	8 each leg	0s
		Keep a tall torso and focus on keeping balance in your front leg		
A3	Banded Good Morning	3	16	30-60s
		Keep shoulders depressed and back and push your hips back to feel the stretch in the back of your legs.		
B1	Plank Alternating Dumbbell Rows	3	6 each arm	0s
		Don't twist your hips as you row. Focus on loading your whole body before you pull the dumbbell from the floor		
B2	Lying Dumbbell Tricep Extension	3	12	0s
		Keep your ribcage down as you perform these. Focus on bending from your elbows		
B3	Alternating High Dumbbell Rows	3	6 each arm	30-60s
		Keep a neutral spine and pull up through your elbows		
C1	Dual Dumbbell Upright Row	3	10	0s
		Keep shoulders depressed and focus on pulling up through your elbow		
C2	Dumbbell Tricep Push Ups	3	10	30-60s
		Keep elbows as close as possible to your body to focus on your triceps more		
FINISHER				
D1	3 Rounds For Time 10 Kettlebell Sumo Deadlift High Pull 15 Kettlebell Swings 20 Butterfly Sit Ups *Your goal here is to try and do each movement unbroken			

WEEK 2 - DAY 3

EXERCISE		SETS	REPS	REST
		COMMENTS		
GET GOING				
5 Hindu Push Ups + 10 Air Squats + 5 each leg Single Leg Glute Bridges		2-3 Rounds Focus on moving through with quality of movement rather than for time Click each movement for demo		
MAIN				
A1	Dumbbell Deadlift	3	12	0s
		Only lower to the floor if you can hinge that far. Otherwise go to your lowest point before your start rounding your lower back too much		
A2	Dumbbell Hang Clean	3	9	0s
		Focus on popping from your hips to initiate the hang clean. Try not to just bicep curl these		
A3	Dumbbell Push Press	3	6	60s
		Keep your chest tall and dip from your hips and knees rather than just pushing your knees forward		
B1	Kettlebell Goblet Cossack Squat	3	6	0s
		Keep the kettlebell close throughout to help you maintain a tall torso		
B2	Dumbbell Quadruped Row	3	10	0s
		Keep your knees close to the floor and back parallel with the floor		
B3	Kettlebell Russian Twist	3	16	30-60s
		Twist your whole torso rather than just moving your arms		
C1	Dual Dumbbell Bicep Curl	3	12	0s
		Keep your elbows slightly forward but do not raise them to help get the weights up		
C2	Banded Overhead Tricep Extension	3	12	60s
		Stand on the band and keep your ribcage down as you have the band overhead.		
FINISHER				
D1	As many Rounds As Possible in 8 Minutes 8 Dumbbell Thrusters 8 Burpee Over Dumbbells *Your goal here is to keep a steady pace which helps you to maintain your pace throughout and you can look to increase intensity towards the end. Note your time			

WEEK 3 - DAY 1

EXERCISE		SETS	REPS	REST
		COMMENTS		
GET GOING				
10 Alternating Lunges + 10 Push Ups + 10 Jump Squats		2-3 Rounds Focus on moving through with quality of movement rather than for time Click each movement for demo		
MAIN				
A1	Dumbbell Floor Press	3	10	0s
		Control the descent and do not slam elbows on the floor		
A2	Alternating Dumbbell Curls	3	16	0s
		Keep elbows slightly forward and keep your torso as still as possible		
A3	Hindu Push Ups	3	MAX reps	60s
		Go through these with intensity, but stop 1 rep shy of failure until the last set		
B1	Static Goblet Split Squat	3	8 each leg	0s
		Focus on lowering yourself straight down, rather than pushing your knee forward		
B2	Single Arm Kettlebell Front Squat	3	8 each arm	0s
		Keep your torso tall throughout and do not let the kettlebell pull you forward		
B3	Jump Lunges	3	24	30-60s
		Focus on height rather than speed		
C1	Lying Leg Raises	3	12	0s
		Push your lower back into the floor throughout		
C2	Russian Twists	3	20	60s
		Twist your torso rather than just throwing your arms side to side. Add weight if possible		
FINISHER				
D1	As Many Rounds As Possible In 7 Minutes 7 Dumbbell Thrusters 7 Chest To Floor Burpees *Your goal here is to move consistent throughout and look to increase pace towards the end. Try and go unbroken on the dumbbell thrusters			

WEEK 3 - DAY 2

EXERCISE		SETS	REPS	REST
		COMMENTS		
GET GOING				
10 Lateral Lunges + 5 Walk Outs + 5-10 Hand Release Push Ups		2-3 Rounds Focus on moving through with quality of movement rather than for time Click each movement for demo		
MAIN				
A1	Single Arm Dumbbell Row	3	8 each arm	0s
		Lean on chair. Keep neutral spine and focus on pulling towards your hips as you squeeze your back		
A2	Bench/Chair Tricep Dips	3	12	0s
		Keep a tall torso and focus on bending from your elbows rather than your shoulders		
A3	Band Pull Aparts	3	15	30-60s
		Keep shoulders depressed. Pull apart from your shoulders rather than your triceps		
B1	Single Leg Dumbbell Deadlift	3	6 each leg	0s
		Find balance before you hinge over. Take your time		
B2	Banded Glute Bridge	3	12	0s
		Keep tension on the band throughout and keep your belly button pulled towards your spine		
B3	Bodyweight Lateral Lunges	3	10 each leg	30-60s
		Stay tall and sit back and down into your hips		
C1	Dumbbell Lateral Raise	3	12	0s
		Focus on pulling up through your elbows and shoulders stay depressed		
C2	Seated Overhead Tricep Extension	3	10	60s
		Keep your ribcage down as you perform these. Focus on bending from your elbows		
FINISHER				
D1	3 Rounds For Time 20 Dumbbell Hang Snatch (10 each arm) 20 Hollow Rocks *Your goal here is to try and do each movement unbroken			

WEEK 3 - DAY 3

EXERCISE		SETS	REPS	REST
		COMMENTS		
GET GOING				
5 Hindu Push Ups + 10 Air Squats + 5 each leg Single Leg Glute Bridges		2-3 Rounds Focus on moving through with quality of movement rather than for time Click each movement for demo		
MAIN				
A1	Renegade Row	3	8 each arm	0s
		Keep your hips still and maintain tension through your midline. Try not to rock your hips from side to side as you row the dumbbell		
A2	Dumbbell Romanian Deadlift	3	10	0s
		Stay tall throughout. Focus on pushing your hips back to find the stretch in the back of your legs		
A3	Side Plank	3	30s each side	30-60s
		Keep your shoulders in line with your elbows and your shoulders, hips and knees should all be in line. Have a slight crunch up into your oblique's		
B1	5s Tempo Goblet Squat	3	8	0s
		Keep the dumbbell close throughout your whole rep. Ensure you lower down for 5 seconds before coming back up		
B2	Seated Top Down Shoulder Press	3	6 each arm	0s
		Keep arms close to ears when overhead		
B3	Hollow Hold	3	30s	30-60s
		Keep lower back compressed into the floor		
C1	Kneeling Dumbbell Hammer Curl	3	8 e/s	0s
		Knees close and bum squeezed throughout.		
C2	Lying Dumbbell Tricep Extension	3	12	60s
		Elbows in line with your forehead. Focus on pushing the dumbbells away from you rather than up		
FINISHER				
D1	For Time 3 Rounds 15 Deadlifts 15 Butterfly Sit Up * Try and go unbroken on the deadlifts because your grip will get a rest with the sit ups			

WEEK 4 - DAY 1

EXERCISE		SETS	REPS	REST
		COMMENTS		
GET GOING				
10 Alternating Lunges + 10 Push Ups + 10 Jump Squats		2-3 Rounds Focus on moving through with quality of movement rather than for time Click each movement for demo		
MAIN				
A1	Single Arm Floor Press	3	8 each arm	0s
		Control the descent and do not slam elbows on the floor		
A2	Half Kneeling Kettlebell Press	3	8 each arm	0s
		Keep elbow tight and your ribcage down as you press		
A3	Push Ups	3	MAX reps	60s
		Go through these with intensity, but stop 1 rep shy of failure until the last set		
B1	Dual Dumbbell Front Squat	3	10	0s
		Focus on keeping your chest tall as you descend and not allow the weights to pull your forward		
B2	Kettlebell Lateral Lunge	3	8 each leg	0s
		Keep your torso tall throughout and do not let the kettlebell pull you forward		
B3	Air Squats	3	20	30-60s
		Focus on speed and pump your legs up		
C1	Side Plank Rotations	3	8 each side	0s
		Keep your shoulders in line with your hips, knees and ankles and control the rotation so you don't fall		
C2	Deadbug w/ Heel Touch	3	8 each leg	60s
		Push your lower back into the floor and don't let it come up as you lower your heel down		
FINISHER				
D1	For Time 80 Dumbbell Walking Lunges *Break up as you see fit. If you cannot perform walking lunges then perform alternating forward lunges			

WEEK 4 - DAY 2

EXERCISE		SETS	REPS	REST
		COMMENTS		
GET GOING				
10 Lateral Lunges + 5 Walk Outs + 5-10 Hand Release Push Ups		2-3 Rounds Focus on moving through with quality of movement rather than for time Click each movement for demo		
MAIN				
A1	Suitcase Kettlebell Deadlift	3	8 each side	0s
		Keep your shoulders square, rather than twisting your body down to the kettlebell		
A2	Goblet Reverse Lunge	3	8 each leg	0s
		Keep a tall torso and focus on keeping balance in your front leg		
A3	Banded Good Morning	3	16	30-60s
		Keep shoulders depressed and back and push your hips back to feel the stretch in the back of your legs.		
B1	Plank Alternating Dumbbell Rows	3	8 each arm	0s
		Don't twist your hips as you row. Focus on loading your whole body before you pull the dumbbell from the floor		
B2	Lying Dumbbell Tricep Extension	3	12	0s
		Keep your ribcage down as you perform these. Focus on bending from your elbows		
B3	Alternating High Dumbbell Rows	3	6 each arm	30-60s
		Keep a neutral spine and pull up through your elbows		
C1	Dual Dumbbell Upright Row	3	10	0s
		Keep shoulders depressed and focus on pulling up through your elbow		
C2	Dumbbell Tricep Push Ups	3	10	30-60s
		Keep elbows as close as possible to your body to focus on your triceps more		
FINISHER				
D1	3 Rounds 60s Kettlebell Sumo Deadlift High Pull 60s Chest to Floor Burpees 30s Front Support Plank 30s Rest *Your goal here is to be consistent through rounds			

WEEK 4 - DAY 3

EXERCISE		SETS	REPS	REST
		COMMENTS		
GET GOING				
5 Hindu Push Ups + 10 Air Squats + 5 each leg Single Leg Glute Bridges		2-3 Rounds Focus on moving through with quality of movement rather than for time Click each movement for demo		
MAIN				
A1	Dumbbell Deadlift	3	12	0s
		Only lower to the floor if you can hinge that far. Otherwise go to your lowest point before your start rounding your lower back too much		
A2	Dumbbell Hang Clean	3	9	0s
		Focus on popping from your hips to initiate the hang clean. Try not to just bicep curl these		
A3	Dumbbell Push Press	3	6	60s
		Keep your chest tall and dip from your hips and knees rather than just pushing your knees forward		
B1	Kettlebell Goblet Cossack Squat	3	8	0s
		Keep the kettlebell close throughout to help you maintain a tall torso		
B2	Dumbbell Quadruped Row	3	10	0s
		Keep your knees close to the floor and back parallel with the floor		
B3	Kettlebell Russian Twist	3	16	30-60s
		Twist your whole torso rather than just moving your arms		
C1	Dual Dumbbell Bicep Curl	3	12	0s
		Keep your elbows slightly forward but do not raise them to help get the weights up		
C2	Banded Overhead Tricep Extension	3	12	60s
		Stand on the band and keep your ribcage down as you have the band overhead.		
FINISHER				
D1	As Many Rounds As Possible in 8 Minutes 8 Dumbbell Thrusters 8 Burpee Over Dumbbells *Here is the repeat. Can you beat your time from Week 2			

THANK YOU for purchasing this E-Book. If you would like to connect with me on [Instagram](#), my profile is @robstubbst. To find out more about what I do and how I can help you, send me a message, email me, or visit my website. rob@robstubbst.com www.robstubbst.com



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