

LEAN & STRONG HOME WORKOUT OPTIONS

DO WHAT YOU CAN WITH WHAT YOU HAVE.

Here is a home workout version of the intermediate workout programs from *Lean and Strong*. You'll want to review the book for detailed instructions. These are the same set and rep ranges and the same volume of work, but the moves have been changed to make it something most people can do at home.

The name of the game with home workouts is “Do what you can, with what you have.” You may have more equipment in your home gym than this, which would be awesome. In that case, use what you have. You may have less equipment than this—that’s okay, use what you’ve got.

With the exception of kettlebell swings, any kind of weight in this program could be substituted for anything else. It doesn’t matter at all if you do your rows with a kettlebell or a dumbbell. It doesn’t matter if you do your squats with two dumbbells. It doesn’t matter if you do goblet squats with a heavy bag of rock salt. You could do your suitcase carries with an actual suitcase. Use whatever you have.

Similarly, it’s normal to have to be equally creative with space. You may only have one doorway in your house that fits a doorway pull-up bar...use that one. The space you have for slide-lunges may be in the basement, use that. It may be inconvenient to do four exercises between two or three rooms, but often that’s what we have, especially in an apartment.

NEEDING HEAVIER WEIGHTS

The hardest thing, often, is having enough weight. The kettlebells or dumbbells you have at home may be too light. On a long enough timeline, the answer is, of course, to buy heavier dumbbells and kettlebells—you’ll get plenty of use out of them over the years and decades to come.

Unfortunately, as of this writing, there’s a pandemic, and dumbbells and kettlebells are almost entirely sold out, everywhere. In that case, do more sets. Move up to the “intermediate high volume” plan.

If that’s still not enough, I’d look at getting creative for adding more weight. Put books in a backpack to wear while you squat with your kettlebell. Fill up a suitcase and deadlift that. Use a band to make pushups harder or do archer pushups. Make all of your squats rear-foot-elevated split-squats. Find ways to make things harder with what you have at home.

Some ideas:

- Weights + a backpack full of books
- Weights + a band
- Weights + a band + a backpack full of books
- Do single-leg versions of squats or deadlifts
- Do single-arm (ish) pushups like archer pushups

Get creative with what you’ve got. Find a way to make things work. Just make sure the tools you’re using are sturdy and safe.

NEEDING LIGHTER WEIGHTS

Sometimes, if you only have a couple heavier kettlebells, that can be tough. Or if assisted pullups are still really hard, that can be tough as well. Here are a couple options:

Let's say you have one kettlebell, and it's a perfect weight for swings and goblet squats, but it's too heavy to military press. In that case, you'll switch to another pressing movement. You might switch to pushups. You might switch to kettlebell floor presses (you can usually floor press a lot more than you can military press). Or, you could push press it (google "kettlebell push press," or see page 287 of *Fat Loss Happens on Monday*).

Again, if home workouts are about "doing what you can with what you have," the big thing is to get in a pushing movement. It's ok to do a different pushing movement.

For chin-ups, most folks are going to use a band for assistance. On top of that, most will also need to use some sort of progression. The progression from *Fat Loss Happens on Monday* goes like this:

1. Lowering only (negative chin-ups)
2. Mini chin-ups (only the top ¼ range of motion)
3. Half chin-ups (only the top ½ range of motion)
4. Three-quarter chin-ups (only ¾ range of motion)
5. Full chin-ups

So, you'd start off doing just the lowering part of a chin-up, *with your heaviest band*. You'll use a chair to step up to the top part of the chin-up, then lower down. Step back up, then lower down. The lowering part of a chin-up, with a band for assistance, is within the range of most folks to start.

You can do that whole progression with your heaviest assistance band. Then start over with the lighter band. After that, eventually, start the progression over with no band.

If, doing the lowering part, with a band, is still really tough, then just swap those out for single dumbbell bent over rows. You can get really solid work in on your pulling strength with rows. Over time, work up to heavier and heavier dumbbells. After three months of building up strength with dumbbell rows, then try out the band-assisted chin-up lowering again.

BE FLEXIBLE

With home workouts, it's all about getting creative and being flexible. Don't think of these programs as being exactly what you have to do. Instead, think of them as being something to try and get close to. Make whatever modifications you have to, in terms of movement, equipment, and even number of sets or reps. Use what you've got and get as close as you can. If you're willing to be flexible, you can absolutely get a great workout at home with what you have available to you.

FROM THE LEAN AND STRONG TEXT:

There are 12 workouts to do over the course of each month, so you'll do about three workouts per week.

The first page includes all of the odd workouts—1, 3, 5, 7, 9, 11.

The second page has the even workouts—2, 4, 6, 8, 10, 12.

You'll flip the page every other workout to do the workouts in numerical order.

It could look like:

- Workout one on Monday
- Workout two on Wednesday
- Workout three on Friday

...and so on.

The actual days you do the workouts are unimportant, but try to avoid doing two back to back if you can. That being said, doing two workouts on back-to-back days is still better than skipping one.

Notice how the volume of work—the number of sets of each exercise—increases over the course of the month. You'll start off with two sets of everything, and by the end of the month, you'll be doing three or four sets of everything.

All of the exercises are grouped either in supersets (two exercises back to back) or trisets (three exercises back to back to back). Do all of the exercises in that group, and then rest. In the trisets, the first two are strength exercises; the third, in italics, is a mobility exercise.

For exercises that are single-arm or single-leg, the repetitions listed are to be done on *each side*.

Pushups are listed as “max reps.” This means to do the maximum number of repetitions you can with *perfect form*. If your form breaks, stop. Or, if it's easier, you can think about it like stopping when you feel like you could do only one more rep.

If you can't do a pushup from your toes, you can do pushups with your hands elevated, like on a bench, railing, or table. If you can do more than 20 pushups for three sets, move to a harder pushup variation. If you need harder pushup variations, check out spiderman pushups, archer pushups, band pushups, or weighted vest pushups in my first book, *Fat Loss Happens on Monday*.

Assisted chin-ups can be done with a band as shown on page 334, or with an assisted pull-up machine if your gym has one. If you aren't ready for assisted chin-ups, substitute chins with high cable rows.

The deadlifts in the intermediate program are all listed as trap bar deadlifts. If you don't have a trap bar, or if it's your preference, feel free to use a barbell

Do three workouts per week, in numerical order. Week one, do workouts 1, 2, and 3. Week two, do workouts 4, 5, and 6. Use this sheet as a tracker to write down the weight used for each exercise in the box for that workout, underneath the sets and reps.

INTERMEDIATE LOW VOLUME—MONTH ONE, ODD WORKOUTS

	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 11
BAND DEAD BUGS	2x10	2x10	2x10	3x10	3x10	3x10
SPLIT-STANCE DEADLIFTS	2x10	2x10	2x10	3x10	3x10	3x10
PUSHUPS, BENCH PUSHUPS, OR BAND PUSHUPS	2x max	2x max	2x max	3x max	3x max	3x max
HIP FLEXOR STRETCHES	2x8	2x8	2x8	3x8	3x8	3x8
SINGLE-DUMBBELL ROWS	2x10	2x10	2x10	3x10	3x10	3x10
SLIDE REVERSE LUNGES	2x10	2x10	2x10	3x10	3x10	3x10
T-SPINE ROTATIONS	2x8	2x8	3x8	3x8	3x8	3x8
ONE-ARM KETTLEBELL SWINGS	1x10	2x10	3x10	4x10	5x10	5x10

When three exercises are grouped together, do those back-to-back as a tri-set. For exercises on one leg or one arm, sets listed are for each side.

INTERMEDIATE LOW VOLUME—MONTH ONE, EVEN WORKOUTS

	WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 12
BAND PALLOF PRESSES	2x10	2x10	2x10	3x10	3x10	3x10
ASSISTED CHIN-UPS	2x10	2x10	2x10	3x10	3x10	3x10
GOBLET 1&1/2 SQUATS	2x10	2x10	2x10	3x10	3x10	3x10
<i>T-SPINE ROTATIONS</i>	2x8	2x8	2x8	3x8	3x8	3x8
SINGLE-KETTLEBELL MILITARY PRESS	2x10	2x10	2x10	3x10	3x10	3x10
ONE-KETTLEBELL COSSACK DEADLIFTS	2x10	2x10	2x10	3x10	3x10	3x10
<i>HIP FLEXOR STRETCHES</i>	2x8	2x8	2x8	3x8	3x8	3x8
ONE-ARM KETTLEBELL SWINGS	1x10	2x10	3x10	4x10	5x10	5x10

Do three workouts per week, in numerical order. Week one, do workouts 1, 2, and 3. Week two, do workouts 4, 5, and 6. Use this sheet as a tracker to write down the weight used for each exercise in the box for that workout, underneath the sets and reps.

INTERMEDIATE LOW VOLUME—MONTH TWO, ODD WORKOUTS

	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 11
KETTLEBELL DEAD BUGS	2x12	2x12	2x12	3x12	3x12	3x12
SINGLE-KETTLEBELL MILITARY PRESSES	2xmax	2xmas	2xmax	3xmax	3xmax	3xmax
SLIDE REVERSE LUNGES	2x 10–20	2x 10–20	2x 10–20	3x 10–20	3x 10–20	3x 10–20
HIP FLEXOR STRETCHES	2x8	2x8	2x8	3x8	3x8	3x8
TWO-KETTLEBELL ROMANIAN DEADLIFTS	2x20	2x20	2x20	3x20	3x20	3x20
DUMBBELL BENT-OVER ROWS	2x20	2x20	2x20	3x20	3x20	3x20
T-SPINE ROTATIONS	2x8	2x8	2x8	3x8	3x8	3x8
ONE-ARM KETTLEBELL SWINGS	:30 work	:30 work	:30 work	:30 work	:30 work	:30 work
	:30 rest	:30 rest	:30 rest	:30 rest	:30 rest	:30 rest
	x2 minutes	x3 minutes	x4 minutes	x5 minutes	x5 minutes	x5 minutes

When three exercises are grouped together, do those back-to-back as a tri-set. For exercises on one leg or one arm, sets listed are for each side.

INTERMEDIATE LOW VOLUME—MONTH TWO, EVEN WORKOUTS

	WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 12
SINGLE KETTLEBELL SUITCASE CARRIES	2x	3x	3x	3x	3x	3x
TWO-KETTLEBELL BENT OVER ROWS	2x20	2x20	2x20	3x20	3x20	3x20
KETTLEBELL GOBLET SQUATS	2x20	2x20	2x20	3x20	3x20	3x20
BAND LEG LOWERING	2x8	2x8	2x8	3x8	3x8	3x8
PUSHUPS OR BENCH PUSHUPS	2xmax	2xmas	2xmax	3xmax	3xmax	3xmax
SINGLE-LEG DUMBBELL HIP BRIDGES	2x 10–20	2x 10–20	2x 10–20	3x 10–20	3x 10–20	3x 10–20
HIP FLEXOR STRETCHES	2x8	2x8	2x8	3x8	3x8	3x8
ONE-ARM KETTLEBELL SWINGS	:30 work	:30 work	:30 work	:30 work	:30 work	:30 work
	:30 rest	:30 rest	:30 rest	:30 rest	:30 rest	:30 rest
	x2 minutes	x2 minutes	x4 minutes	x4 minutes	x6 minutes	x6 minutes

Do three workouts per week, in numerical order. Week one, do workouts 1, 2, and 3. Week two, do workouts 4, 5, and 6. Use this sheet as a tracker to write down the weight used for each exercise in the box for that workout, underneath the sets and reps.

INTERMEDIATE LOW VOLUME—MONTH THREE, ODD WORKOUTS

	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 11
BALL BODY SAWS	2x8	2x8	2x8	3x8	3x8	3x8
SPLIT-STANCE DEADLIFTS	2x8	2x8	2x8	3x8	3x8	3x8
SINGLE-ARM KETTLEBELL FLOOR PRESSES	2x8	2x8	2x8	3x8	3x8	3x8
<i>T-SPINE ROTATIONS</i>	2x8	2x8	2x8	3x8	3x8	3x8
SINGLE-DUMBBELL BENT OVER ROW	2x8	2x8	2x8	3x8	3x8	3x8
TWO-KETTLEBELL FRONT-SQUATS	2x8	2x8	2x8	3x8	3x8	3x8
<i>BAND LEG LOWERING</i>	2x8	2x8	2x8	3x8	3x8	3x8
ONE-ARM KETTLEBELL SWINGS	20	20, 15	20, 15, 10	20, 15, 10, 5	20, 15, 10, 5	20, 15, 10, 5

When three exercises are grouped together, do those back-to-back as a tri-set. For exercises on one leg or one arm, sets listed are for each side.

INTERMEDIATE LOW VOLUME—MONTH THREE, EVEN WORKOUTS

	WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 12
PALLOF PRESSES	2x8	2x8	2x8	3x8	3x8	3x8
ASSISTED CHIN-UPS	2x8	2x8	2x8	3x8	3x8	3x8
DOUBLE DUMBBELL REAR FOOT ELEVATED SPLIT SQUATS	2x8	2x8	2x8	3x8	3x8	3x8
T-SPINE ROTATIONS	2x8	2x8	2x8	3x8	3x8	3x8
SINGLE KETTLEBELL MILITARY PRESS	2x8	2x8	2x8	3x8	3x8	3x8
SINGLE-LEG DEADLIFTS	2x8	2x8	2x8	3x8	3x8	3x8
HIP FLEXOR STRETCHES	2x8	2x8	2x8	3x8	3x8	3x8
ONE-ARM KETTLEBELL SWINGS	20	20, 15	20, 15, 10	20, 15, 10, 5	20, 15, 10, 5	20, 15, 10, 5

Do three workouts per week, in numerical order. Week one, do workouts 1, 2, and 3. Week two, do workouts 4, 5, and 6. Use this sheet as a tracker to write down the weight used for each exercise in the box for that workout, underneath the sets and reps.

INTERMEDIATE MEDIUM VOLUME—MONTH ONE, ODD WORKOUTS

	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 11
BAND DEAD BUGS	2x10	3x10	3x10	3x10	3x10	3x10
SPLIT-STANCE DEADLIFTS	2x10	3x10	3x10	3x10	3x10	4x10
PUSHUPS OR BAND PUSHUPS	2x max	3x max	3x max	3x max	3x max	4x max
HIP FLEXOR STRETCHES	2x8	3x8	3x8	3x8	3x8	4x8
SINGLE-DUMBBELL ROWS	2x10	3x10	3x10	3x10	3x10	4x10
SLIDE REVERSE LUNGES	2x10	3x10	3x10	3x10	3x10	4x10
T-SPINE ROTATIONS	2x8	3x8	3x8	3x8	3x8	4x8
ONE-ARM KETTLEBELL SWINGS	1x10	2x10	3x10	4x10	5x10	5x10

When three exercises are grouped together, do those back-to-back as a tri-set. For exercises on one leg or one arm, sets listed are for each side.

INTERMEDIATE MEDIUM VOLUME—MONTH ONE, EVEN WORKOUTS

	WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 12
PALLOF PRESSES	2x10	3x10	3x10	3x10	3x10	3x10
ASSISTED CHIN-UPS	2x10	3x10	3x10	3x10	3x10	4x10
GOBLET 1&1/2 SQUATS	2x10	3x10	3x10	3x10	3x10	4x10
<i>T-SPINE ROTATIONS</i>	2x8	3x8	3x8	3x8	3x8	4x8
SINGLE-KETTLEBELL MILITARY PRESS	2x10	3x10	3x10	3x10	3x10	4x10
ONE-KETTLEBELL COSSACK DEADLIFTS	2x10	3x10	3x10	3x10	3x10	4x10
<i>BAND LEG LOWERING</i>	2x8	3x8	3x8	3x8	3x8	4x8
ONE-ARM KETTLEBELL SWINGS	1x10	2x10	3x10	4x10	5x10	5x10

Do three workouts per week, in numerical order. Week one, do workouts 1, 2, and 3. Week two, do workouts 4, 5, and 6. Use this sheet as a tracker to write down the weight used for each exercise in the box for that workout, underneath the sets and reps.

INTERMEDIATE MEDIUM VOLUME—MONTH TWO, ODD WORKOUTS

	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 11
KETTLEBELL DEAD BUG	2x12	3x12	3x12	3x12	3x12	3x12
SINGLE-KETTLEBELL MILITARY PRESSES	2x15	3x15	3x15	3x15	3x15	4x15
SLIDE REVERSE LUNGES	2x 10–15	3x 10–15	3x 10–15	3x 10–15	3x 10–15	4x 10–15
HIP FLEXOR STRETCHES	2x8	3x8	3x8	3x8	3x8	4x8
TWO-KETTLEBELL ROMANIAN DEADLIFTS	2x15	3x15	3x15	3x15	3x15	4x15
SINGLE-DUMBBELL BENT-OVER ROWS	2x15	3x15	3x15	3x15	3x15	4x15
T-SPINE ROTATIONS	2x8	3x8	3x8	3x8	3x8	4x8
ONE-ARM KETTLEBELL SWINGS	:30 work	:30 work	:30 work	:30 work	:30 work	:30 work
	:30 rest	:30 rest	:30 rest	:30 rest	:30 rest	:30 rest
	x2 minutes	x2 minutes	x4 minutes	x5 minutes	x6 minutes	x6 minutes

When three exercises are grouped together, do those back-to-back as a tri-set. For exercises on one leg or one arm, sets listed are for each side.

INTERMEDIATE MEDIUM VOLUME—MONTH TWO, EVEN WORKOUTS

	WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 12
SINGLE-KETTLEBELL SUITCASE CARRIES	2x	3x	3x	3x	3x	3x
DOUBLE KETTLEBELL BENT OVER ROWS	2x15	3x15	3x15	3x15	3x15	4x15
GOBLET SQUATS	2x15	3x15	3x15	3x15	3x15	4x15
<i>BAND LEG LOWERING</i>	2x8	3x8	3x8	3x8	3x8	4x8
PUSHUPS OR BENCH PUSHUPS	2x15	3x15	3x15	3x15	3x15	4x15
SINGLE-LEG DUMBBELL HIP BRIDGES	2x 10–15	3x 10–15	3x 10–15	3x 10–15	3x 10–15	4x 10–15
<i>HIP FLEXOR STRETCHES</i>	2x8	3x8	3x8	3x8	3x8	4x8
ONE-ARM KETTLEBELL SWINGS	:30 work :30 rest x2 minutes	:30 work :30 rest x2 minutes	:30 work :30 rest x4 minutes	:30 work :30 rest x4 minutes	:30 work :30 rest x6 minutes	:30 work :30 rest x6 minutes

Do three workouts per week, in numerical order. Week one, do workouts 1, 2, and 3. Week two, do workouts 4, 5, and 6. Use this sheet as a tracker to write down the weight used for each exercise in the box for that workout, underneath the sets and reps.

INTERMEDIATE MEDIUM VOLUME—MONTH THREE, ODD WORKOUTS

	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 11
BALL BODY SAWS	2x8	3x8	3x8	3x8	3x8	3x8
SPLIT-STANCE DEADLIFTS	2x5	3x5	3x5	3x5	3x5	4x5
SINGLE-KETTLEBELL FLOOR PRESSES	2x5	3x5	3x5	3x5	3x5	4x5
HIP FLEXOR STRETCHES	2x8	3x8	3x8	3x8	3x8	4x8
SINGLE-DUMBBELL ROWS	2x5	3x5	3x5	3x5	3x5	4x5
TWO-KETTLEBELL FRONTSQUATS	2x5	3x5	3x5	3x5	3x5	4x5
BAND LEG LOWERING	2x8	3x8	3x8	3x8	3x8	4x8
ONE-ARM KETTLEBELL SWINGS	20	20, 15	20, 15, 10	20, 15, 10, 5	20, 15, 10, 5	20, 15, 10, 5

When three exercises are grouped together, do those back-to-back as a tri-set. For exercises on one leg or one arm, sets listed are for each side.

INTERMEDIATE MEDIUM VOLUME—MONTH THREE, EVEN WORKOUTS

	WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 12
PALLOF PRESSES	2x8	3x8	3x8	3x8	3x8	3x8
CHIN-UPS OR ASSISTED CHIN-UPS	2x5	3x5	3x5	3x5	3x5	4x5
REAR-FOOT- ELEVATED SPLIT-SQUATS	2x5	3x5	3x5	3x5	3x5	4x5
T-SPINE ROTATIONS	2x8	3x8	3x8	3x8	3x8	4x8
SINGLE KETTLEBELL MILITARY PRESS	2x5	3x5	3x5	3x5	3x5	4x5
SINGLE-LEG DEADLIFTS	2x5	3x5	3x5	3x5	3x5	4x5
HIP FLEXOR STRETCHES	2x8	3x8	3x8	3x8	3x8	4x8
ONE-ARM KETTLEBELL SWINGS	20	20, 15	20, 15, 10	20, 15, 10, 5	20, 15, 10, 5	20, 15, 10, 5

Do three workouts per week, in numerical order. Week one, do workouts 1, 2, and 3. Week two, do workouts 4, 5, and 6. Use this sheet as a tracker to write down the weight used for each exercise in the box for that workout, underneath the sets and reps.

INTERMEDIATE HIGH VOLUME—MONTH ONE, ODD WORKOUTS

	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 11
BAND DEAD BUGS	2x10	3x10	3x10	3x10	3x10	3x10
DEADLIFT VARIATIONS	Romanian 2x12	Split-stance 2x5	Split-stance 3x5	Romanian 3x12	Split-stance 4x5	Split-stance 4x5
HIP FLEXOR STRETCHES	2x8	3x8	3x8	3x8	3x8	4x8
PUSHUPS, BENCH PUSHUPS, OR BAND PUSHUPS	2x max	2x max	3x max	3x max	3x max	4x max
SINGLE-LEG DUMBBELL HIP BRIDGES	2x12	2x12	3x12	3x12	3x12	4x12
BAND LEG LOWERING	2x8	3x8	3x8	3x8	3x8	4x8
SINGLE-DUMBBELL ROWS	2x12	2x12	3x12	3x12	3x12	4x12
SPLIT SQUATS	2x12	2x12	3x12	3x12	3x12	4x12
BRETZEL STRETCHES	2x8	3x8	3x8	3x8	3x8	4x8
ONE-ARM KETTLEBELL SWINGS	1x10	2x10	3x10	4x10	5x10	5x10

When three exercises are grouped together, do those back-to-back as a tri-set. For exercises on one leg or one arm, sets listed are for each side.

INTERMEDIATE HIGH VOLUME—MONTH ONE, EVEN WORKOUTS

	WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 12
SINGLE KETTLEBELL RACK CARRIES	2x	3x	3x	3x	3x	3x
CHIN-UPS VARIATIONS	Double Kettlebell Rows 2x12	Chin-Ups or Assisted Chin-ups 2x5–15	Chin-Ups or Assisted Chin-ups 3x3–5	Double Kettlebell Rows 3x12	Chin-Ups or Assisted Chin-ups 4x5–15	Chin-Ups or Assisted Chin-ups 4x3–5
T-SPINE ROTATIONS	2x8	3x8	3x8	3x8	3x8	4x8
SINGLE KETTLEBELL MILITARY PRESSES	2x12	2x12	3x12	3x12	3x12	4x12
ONE-KETTLEBELL COSSACK DEADLIFTS	2x12	2x12	3x12	3x12	3x12	4x12
BAND LEG LOWERING	2x8	3x8	3x8	3x8	3x8	4x8
SINGLE DUMBBELL ROWS	2x12	2x12	3x12	3x12	3x12	4x12
DOUBLE KETTLEBELL FRONT SQUATS	2x12	2x12	3x12	3x12	3x12	4x12
BRETZEL STRETCHES	2x8	3x8	3x8	3x8	3x8	4x8
ONE-ARM KETTLEBELL SWINGS	1x10	2x10	3x10	4x10	5x10	5x10

Do three workouts per week, in numerical order. Week one, do workouts 1, 2, and 3. Week two, do workouts 4, 5, and 6. Use this sheet as a tracker to write down the weight used for each exercise in the box for that workout, underneath the sets and reps.

INTERMEDIATE HIGH VOLUME—MONTH TWO, ODD WORKOUTS

	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 11
KETTLEBELL DEAD BUGS	2x12	3x12	3x12	3x12	3x12	3x12
DEADLIFT VARIATIONS	Romanian 2x12	Split-stance 2x5	Split-stance 3x5	Romanian 3x12	Split-stance 4x5	Split-stance 4x5
HIP FLEXOR STRETCHES	2x8	2x8	3x8	3x8	4x8	4x8
PUSHUPS OR BENCH PUSHUPS	2x max	2x max	3x max	3x max	3x max	4x max
SINGLE-LEG DUMBBELL HIP BRIDGES	2x10-20	2x10-20	3x10-20	3x10-20	3x10-20	3x10-20
BRETZEL STRETCHES	2x8	2x8	3x8	3x8	3x8	3x8
SINGLE DUMBBELL ROWS	2x20	2x20	3x20	3x20	3x20	3x20
GOBLET SQUATS	2x20	2x20	3x20	3x20	3x20	3x20
BAND LEG LOWERING	2x8	2x8	3x8	3x8	3x8	3x8
ONE-ARM KETTLEBELL SWINGS	:30 work	:30 work	:30 work	:30 work	:30 work	:30 work
	:30 rest	:30 rest	:30 rest	:30 rest	:30 rest	:30 rest
	x2 minutes	x2 minutes	x4 minutes	x4 minutes	x6 minutes	x6 minutes

When three exercises are grouped together, do those back-to-back as a tri-set. For exercises on one leg or one arm, sets listed are for each side.

INTERMEDIATE HIGH VOLUME—MONTH TWO, EVEN WORKOUTS

	WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 12
SINGLE KETTLEBELL SUITCASE CARRIES	2x	3x	3x	3x	3x	3x
CHIN-UPS VARIATIONS	Double Kettlebell Rows 2x12	Chin-Ups or Assisted Chin-ups 2x5–15	Chin-Ups or Assisted Chin-ups 3x3–5	Double Kettlebell Rows 3x12	Chin-Ups or Assisted Chin-ups 4x5–15	Chin-Ups or Assisted Chin-ups 4x3–5
T-SPINE ROTATIONS	2x8	2x8	3x8	3x8	4x8	4x8
SINGLE KETTLEBELL MILITARY PRESSES	2x20	2x20	3x20	3x20	3x20	3x20
SLIDE REVERSE LUNGES	2x20	2x20	3x20	3x20	3x20	3x20
BAND LEG LOWERING	2x8	2x8	3x8	3x8	3x8	3x8
SINGLE-DUMBBELL ROWS	2x20	2x20	3x20	3x20	3x20	3x20
ROMANIAN DEADLIFTS	2x20	2x20	3x20	3x20	3x20	3x20
BRETZEL STRETCHES	2x8	2x8	3x8	3x8	3x8	3x8
ONE-ARM KETTLEBELL SWINGS	:30 work :30 rest x2 minutes	:30 work :30 rest x2 minutes	:30 work :30 rest x4 minutes	:30 work :30 rest x4 minutes	:30 work :30 rest x6 minutes	:30 work :30 rest x6 minutes

Do three workouts per week, in numerical order. Week one, do workouts 1, 2, and 3. Week two, do workouts 4, 5, and 6. Use this sheet as a tracker to write down the weight used for each exercise in the box for that workout, underneath the sets and reps.

INTERMEDIATE HIGH VOLUME—MONTH THREE, ODD WORKOUTS

	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 11
BALL BODY SAWS	2x8	3x8	3x8	3x8	3x8	3x8
DEADLIFT VARIATIONS	Romanian 2x12	Split-stance 2x5	Split-stance 3x5	Romanian 3x12	Split-stance 4x5	Split-stance 4x5
<i>HIP FLEXOR STRETCHES</i>	2x8	2x8	3x8	3x8	4x8	4x8
SINGLE KETTLEBELL MILITARY PRESS	2x8	3x8	3x8	3x8	3x8	4x8
GOBLET 1&1/2 SQUATS	2x8	3x8	3x8	3x8	3x8	4x8
<i>BAND LEG LOWERING</i>	2x8	3x8	3x8	3x8	3x8	4x8
SINGLE DUMBBELL ROWS	2x8	3x8	3x8	3x8	3x8	4x8
SINGLE LEG DUMBBELL HIP BRIDGE	2x8=15	3x8-15	3x8-15	3x8	3x8-15	4x8-15
<i>BRETZEL STRETCHES</i>	2x8	3x8	3x8	3x8	3x8	4x8
ONE-ARM KETTLEBELL SWINGS	20	20, 15	20, 15, 10	20, 15, 10, 5	20, 15, 10, 5	20, 15, 10, 5

When three exercises are grouped together, do those back-to-back as a tri-set. For exercises on one leg or one arm, sets listed are for each side.

INTERMEDIATE HIGH VOLUME—MONTH THREE, EVEN WORKOUTS

	WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 12
PALLOF PRESSES	2x8	3x8	3x8	3x8	3x8	3x8
CHIN-UPS VARIATIONS	Double Dumbbell row 2x12	Chin-Ups or Assisted Chin-ups 2x5–15	Chin-Ups or Assisted Chin-ups 3x3–5	Double Dumbbell row 3x12	Chin-Ups or Assisted Chin-ups 4x5–15	Chin-Ups or Assisted Chin-ups 4x3–5
T-SPINE ROTATIONS	2x8	2x8	3x8	3x8	4x8	4x8
REAR-FOOT-ELEVATED SPLIT-SQUATS	2x8	3x8	3x8	3x8	3x8	4x8
SINGLE DUMBBELL ROW	2x8	3x8	3x8	3x8	3x8	4x8
BAND LEG LOWERING	2x8	3x8	3x8	3x8	3x8	4x8
SINGLE KETTLEBELL FLOOR PRESS	2x8	3x8	3x8	3x8	3x8	4x8
SINGLE LEG DEADLIFTS	2x8	3x8	3x8	3x8	3x8	4x8
BRETZEL STRETCHES	2x8	3x8	3x8	3x8	3x8	4x8
ONE-ARM KETTLEBELL SWINGS	20	20, 15	20, 15, 10	20, 15, 10, 5	20, 15, 10, 5	20, 15, 10, 5

LEAN & STRONG HOME WORKOUT EXERCISE DESCRIPTIONS

BENCH PUSHUP*Start**Finish***PUSHUP***Start**Finish***BAND PUSHUP***Start**Finish*

- Brace abs like a crunch
- Tuck hips under
- Get tall from your heels to the top of your head

- Push the ground away

ARCHER PUSHUP



Start

- Set up with hands wide
- Lower down on one side



Finish

- Push the ground away

KETTLBELL FLOOR PRESS



Start

- Keep your shoulders away from your ears
- Flex your butt
- Brace your abs

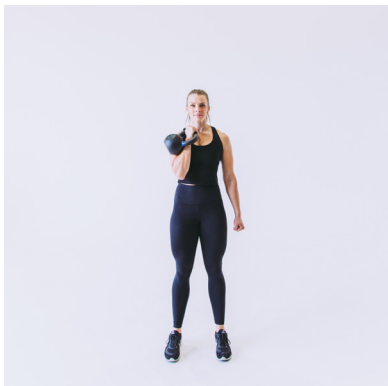


Finish

- Drive your shoe into the floor
- Press the kettlebell up the ceiling

If you don't have a heavy enough kettlebell or dumbbell, you could substitute archer pushups.

SINGLE-KETTLEBELL MILITARY PRESS



Start

- Keep your shoulders away from your ears
- Flex your butt
- Brace your abs



Finish

- Drive your shoes into the floor
- Press the dumbbells or kettlebell up the ceiling

If you have good shoulder mobility, military presses are an amazingly great pressing movement for home workouts.

The gym versions of *Lean and Strong* have far more incline bench presses than military presses. The kettlebell military presses only show up in the advanced programs, where it's assumed that you've been working on shoulder mobility long enough to be able to overhead press comfortably.

Usually, I'll have clients do incline dumbbell bench presses at the highest incline that feels good for their shoulders. Then, they'll work on mobility for their thoracic spine, scapula, and shoulders, in parallel.

If you're doing home workouts now, and military pressing doesn't feel good for your shoulders, you have five options:

1. Do the pushup-to-downward-dog substitution from *Fat Loss Happens on Monday* (page 290). Every rep is one pushup plus one downward dog, focusing on really pushing up into that shoulder stretch. So, a set of 10 would be alternating between 10 pushups and 10 downward dogs. To increase the difficulty, you would raise up your feet, so that it would be 10 incline pushups and 10 feet-elevated pikes.
2. Skip kettlebell military presses for now, and spend some time working on shoulder mobility. *GMB Mobility* is a great program.
3. Buy an adjustable bench and do incline presses.
4. Do feet elevated pushups or pike pushups.
5. Skip vertical pressing completely for now. Just do single kettlebell floor presses or a pushup variation instead.

Any of those options works fine. Home workouts are all about doing what you can, with whatever you have. Usually, we think of that in terms of equipment availability, but it goes for mobility and what movements feel good in your body as well.

SINGLE DUMBBELL ROW

*Start**Finish*

DOUBLE DUMBBELL ROW

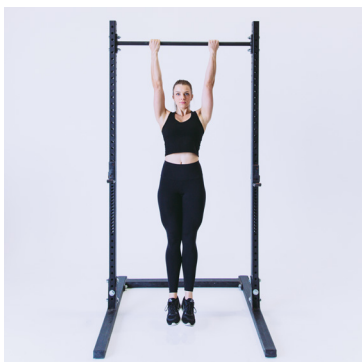
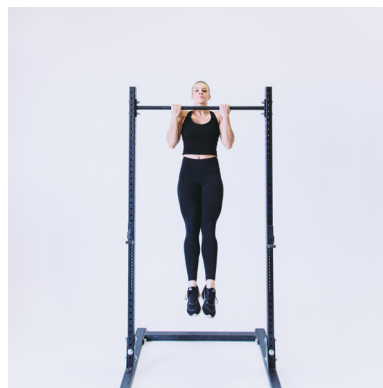
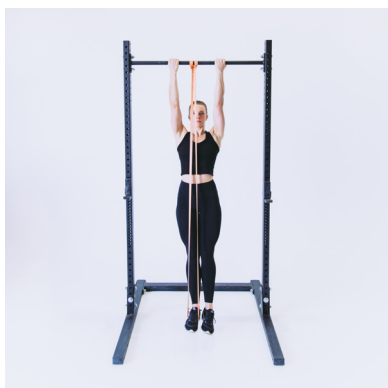
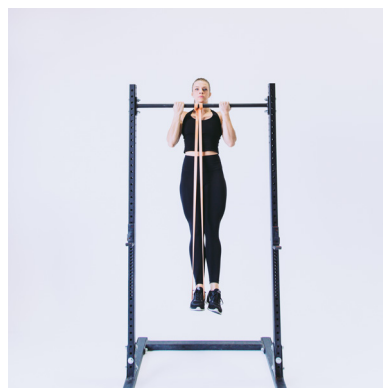
*Start**Finish*

- Flex your butt
- Brace your abs
- Pull your shoulders back and down

- Pull the dumbbell or kettlebells away from the floor.

*For the double kettlebell row, fold forward like you would for a Romanian deadlift. Similar to a static-deadlift position, your back should be straight, and you should flex your butt and brace your abs to protect your back.

If you struggle with the hamstring flexibility to do this, put in band leg lowering in between sets.

CHIN-UP*Start**Finish***ASSISTED CHIN-UP***Start**Finish*

- Flex your butt
- Brace your abs
- Pull your shoulders back and down

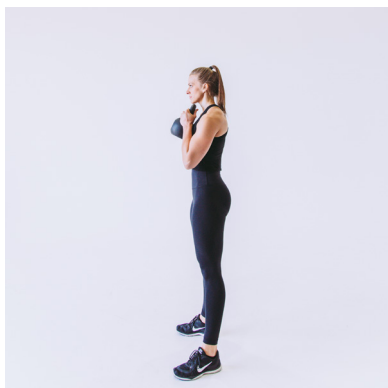
- Pull the bar to your shirt

Doorway pullup bars are awesome—I like the Iron Gym Pullup Bar—as are thick bands for assistance. For those, I like EliteFTS Pro Light and Pro Monster Min Bands.

If you're having trouble with chin-ups, even with your heaviest band for assistance, see the progression on page three of this guide.

If negative chin-ups with your heaviest band is still really tough, just substitute single dumbbell bent over rows.

GOBLET SQUAT



Start



Finish

TWO KETTLEBELL SQUAT



Start



Finish

- Pull your back pockets towards the heels of your shoes

- Flex your butt
- Brace your abs
- Push the ground away

GOBLET 1&1/2 SQUAT



Start



Middle



Finish

Like a normal goblet squat, but you are going to do an extra half rep at the bottom of each rep.

- Drop down into a squat
- Come halfway back up
- Drop back down
- Come all the way back up

You could look at it like an extra $\frac{1}{2}$ rep at the bottom of each squat. Or sometimes people think about it like a “pulse” at the bottom. Alternatively, you could just hold for three seconds at the bottom of each rep.

All we’re doing here is adding extra time in the hardest part of the squat. It works well for home workouts, because

you often don’t have heavy enough kettlebells (or barbell and squat racks) to go really heavy at home.

If you’re working out to get lean or to relieve stress, it’s for a great way to get enough work in to get that done.

For folks who want to build strength, it’s good compromise. While this isn’t the same as going really heavy, there’s enormous value in working on weak points. For many folks, the weakest point of their squat is the bottom. If you’re at home, it’s a good use of time to build strength in what’s typically a weak point.

REAR FOOT ELEVATED SPLIT SQUAT



Start

- Put most of the weight on your front leg



Finish

- Drop your back knee towards the floor
- With the front leg, push the ground away.

SLIDE REVERSE LUNGE

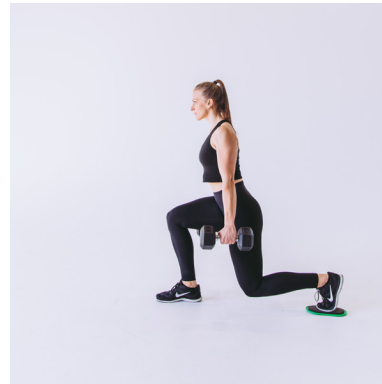


Start

- Put most of the weight on your front leg. The front leg should be on something stable
- The back leg should be on something that slides.
- Slide the back leg back into a reverse lunge.

You can use anything that slides.

On carpet, use an exercise slider. Valslide is my favorite.



Finish

- With the front leg, push up into a standing position again.

On a hardwood floor, you could wear a sock on your back foot or put your back foot on a towel.

COSSACK DEADLIFT*Start**Finish***STAGGERED DEADLIFT***Start**Finish***SINGLE-LEG DEADLIFT***Start**Finish*

- Reach your back pockets to the back wall

- Squeeze the kettlebell handles
- Flex your butt
- Push the ground away

SINGLE-LEG DUMBBELL HIP BRIDGE*Start*

- Lower hips
- Flex your butt

*Finish*

- Drive the dumbbell up to the ceiling

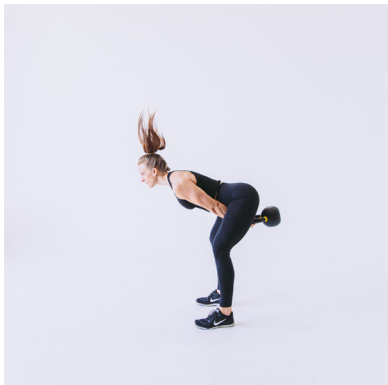
TWO KETTLEBELL ROMANIAN DEADLIFT*Start*

- Reach your back pockets to the back wall

*Finish*

- Squeeze the kettlebell handles
- Flex your butt
- Push the ground away

Use whatever you have. If you have one kettlebell, use one kettlebell. If you have two, use two. Use dumbbells. Use a backpack full of books or full suitcase You can even do combinations, like two dumbbells and a resistance band. The trick to home workouts is to use whatever you have..

KETTLEBELL SWING*Start**Finish***SINGLE ARM KETTLEBELL SWING***Start**Finish*

- Hike the kettlebell back behind your butt

- Drive your shoes into the floor
- Pop your hips forward
- Flex your butt
- Brace your abs

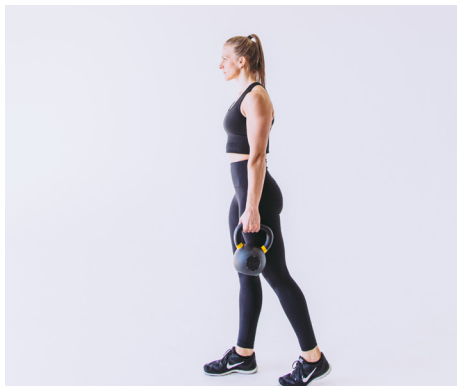
*Your arms shouldn't do any of the work; it should be all glutes and hamstrings.

BAND DEAD BUG*Start**Finish***KETTLEBELL DEAD BUG***Start**Finish*

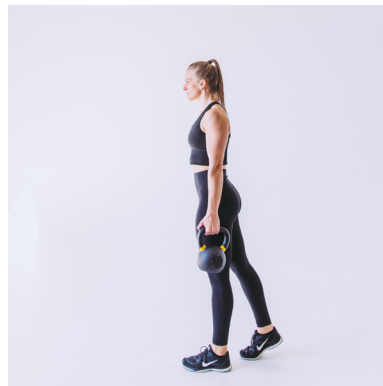
- Brace your abs
- Press your low back towards the ground

- Extend your leg out to have your heel an inch off the ground, alternating legs

KETTLEBELL SUITCASE CARRY



Start



Finish

KETTLEBELL RACK CARRY



Start



Finish

- Stand tall, brace your abs
- This is basically a walking side-plank

One kettlebell suitcase and racked carries are a great way to get in some anti-lateral flexion core work. The trick is, just make sure you use enough weight, or go for enough distance, that you feel like you're getting that work done.

If you have a backyard, do your carries in the backyard. If you need to do them inside, you can do carries

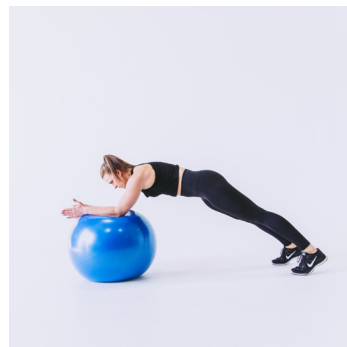
- Walk

up and down a hallway, you can do figure 8s, you can walk in a square, you can do forwards and backwards, or any combination of those.

If, for any reason these don't work for you, you could substitute a side-plank, instead.

BALL BODY SAW*Start*

- Brace abs like a crunch
- Tuck hips under
- Get tall from your heels to the top of your head, just like good posture standing
- Push the ball away with your shoulders

*Finish*

- Roll the ball forward
- If you only roll the ball forward a little, it's easier. If you roll the ball farther forward, it's hard.
- If you do quick rolls (one second out, one second back), it's easier. If you do slower rolls (four seconds out, four seconds back), it's harder.

If you don't have an exercise ball, you have other options—

Easier options:

Knee plank

Plank

Harder options:

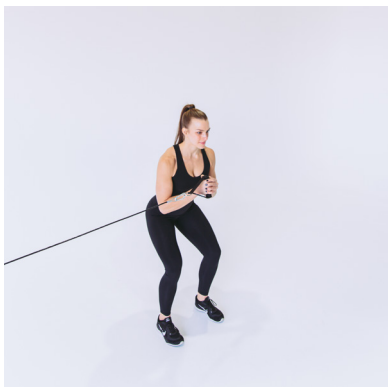
Body saw with elbows on the ground and feet on two Valslides

Body saw with elbows on a yoga mat, and feet in socks sliding on hardwood floor

Body saw with elbows on the ground and shins on a foam roller

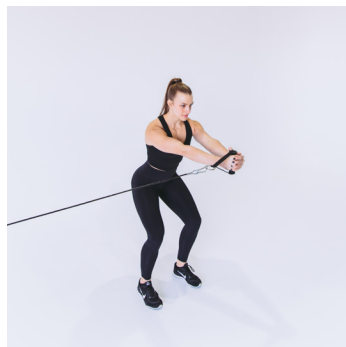
A long plank, on your hands, with your hands farther out in front of you

BAND PALLOF PRESS



Start

- Flex your butt
- Brace your abs



Finish

- Press the handle out
- Hold for a count at that hardest spot
- Don't let the band rotate you

The trick with band Pallof presses is that you have to put enough stretch on the band, or have a heavy enough band, that you're doing the appropriate amount of work. Find a solid anchor, and step out far enough away that you're getting some good work in.

With a band, subtle details like making sure that the band is at 90°, when pressed out, make a big difference. Basically, set up with the band stretched out, then take a step backwards. Getting the angle right, where you're standing behind the line of the anchor, will make it significantly more difficult.

If you don't have anything that you can anchor a band to for Pallof presses, you can substitute side planks or shoulder tap planks instead.

HIP FLEXOR STRETCH



Start

- Pull your belt buckle up, like you're doing a crunch



Finish

- Flex your butt
- Push your hips forward into the stretch

T-SPINE ROTATION



Start

- Sit your butt back towards your heels



Finish

- Rotate at your upper back so your elbow moves toward the ceiling
- Follow your elbow with your eyes and head

BRETZEL*Start*

- Lie on your side, with the top knee forward and on the ground
- Grab your top knee and bottom foot

*Finish*

- Grab your top knee
- Bend your bottom knee so your back foot comes toward you, then grab your bottom foot
- Rotate your torso so your shoulder moves towards the floor.
- Think about if you had a logo on the front of your shirt, and rotating your torso so it goes from pointing it at one wall to the other.

*You can modify the Bretzel to have less of a stretch by putting a bolster under your head and/or under your top knee.

**Alternately, you can substitute the hip flexor stretch and the t-spine rotation until you have the mobility to get into the Bretzel position. That's why the Bretzel only shows up in the intermediate high-volume program and the advanced medium and high-volume programs—it's a fairly advanced position.

BAND LEG LOWERING*Start*

- Brace your abs and press your low back down towards the floor
- With a band looped around one shoe, pull until you get a hamstring stretch
- Lower the other shoe down towards the floor
- You should feel more of a hamstring stretch as you lower

*Finish*

- Brace abs hard
- Bring your leg back up so that both shoes are together again

**It goes without saying, but whenever you are using a band, make sure you don't snap yourself in the face with it.*

Alternatively, you may find that you prefer to do this with a belt or yoga strap, instead of a band. Or, you could use the corner of a wall. Anything where you can prop up one leg and lower the other will work.