

*L<sup>3</sup>ive Lean w Lindy*



**3 WEEK AT HOME  
FITNESS PROGRAM: BEGINNER**



## PLEASE NOTE:

It is imperative to warm up **BEFORE** each workout and cool down + stretch **AFTER** each workout.

» **EXAMPLE WARM UP ACTIVITIES INCLUDE:**

Walking in place, jogging in place, stair master, jumping jacks, stretching, ab twists, etc.

» **EXAMPLE COOL DOWN ACTIVITIES INCLUDE:**

Walking in place, jogging in place, stair master, jumping jacks, yoga, breathing exercises, etc.

- » You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity.
- » Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.
- » This site offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this site is solely at your own risk.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this site will always include the most recent findings or developments with respect to the particular material.

- » If you are in the United States and think you are having a medical or health emergency, call your health care professional, or 911, immediately.

Certain health or medical material on this site may be sexually explicit.  
Please do not use this site if you would find these materials offensive.



## Workout Instructions:

- » Complete all four (4) weekly workouts to transform your body in three (3) weeks, burn fat, build muscle and look lean.
- » Complete two (2) days a week of cardio ( outdoor walk, run, bike or indoor cardio )
- » Videos included on my Youtube channel.
- » Maintaining proper form helps prevent injuries and ensures that you're getting the most out of your workout.
- » Take one (1) day of rest

## Equipment needed:

- » Long resistance bands (WOD Fitters)
- » Short resistance bands

## Additional Tips:

Maintaining a healthy, plant-based diet will help fast track your results. Follow along with the L3 Meal plan.

# Week 1:

## Day 1

- » Jumping Jacks - 3 x 25
- » Lunges w Lat Pulldown - 3 x 10
- » Bicep Curls - 3 x 10
- » Tricep Dips - 3 x 10
- » Low Banded Squats - 3 x 10
- » High-Low Plank - 3 x 10

## Day 3

- » Squat Jumps - 3 x 10
- » Burpees - 3 x 5
- » High Knees - 3 x :30 sec
- » Rear Fly - 3 x 10
- » Plank Holds - 3 x :20 sec
- » Tricep Extension - 3 x 10
- » Butt Kicks - 3 x :30 sec

## Day 4

- » Low Banded Squat shuffles - 3 x 10
- » Tricep Dips - 3 x 10
- » Squat Jumps - 3 x 10
- » Basic Sit-ups + Cross Reach - 3 x 10-20 reps
- » Calf Raises - 3 x 10
- » Rear Fly w/ Band - 3 x 10
- » 10 Minutes deep stretching

## Day 6

- » Lunges w Lat Pulldown - 3 x 10
- » Squats w an overhead press - 3 x 10
- » Glute Bridges + Clam - 3 x 20
- » Jumping Jacks - 3 x 25
- » Mountain Climbers - 3 x :20 sec

# Week 2:

## Day 1

- » Squats w Small Band - 3 x 10
- » Reverse Lunges - 3 x 10
- » Pushups - 3 x 10
- » High Plank - 3 x 10
- » Split Jumps - 3 x 10
- » Crunches - 3 x 20
- » Tricep Extensions w Band - 3 x 10

## Day 3

- » Squats w Shoulder Press - 3 x 10
- » Burpees - 3 x 7
- » High Knees - 3 x :30 sec
- » Rear Fly - 3 x 10
- » Plank Holds - 3 x :20 sec
- » Tricep Extension - 3 x 10
- » Butt Kicks - 3 x :30 sec

## Day 4

- » High Banded Squat Shuffles - 3 x 10
- » Tricep Dips - 3 x 10
- » Squat Jumps - 3 x 10
- » Basic Sit-ups + Cross Reach - 3 x 10-20 reps
- » Calf Raises - 3 x 10
- » Burpees - 3 x 5

## Day 6

- » Lunges w/ Lat Pulldown - 3 x 10
- » Squats w/ an overhead press - 3 x 10
- » Glute Bridges + Clam - 3 x 20
- » Single Leg Glute Bridges - 3 x 10
- » Jumping Jacks - 3 x 15
- » Burpees - 3 x 5
- » Sit-ups + Cross Reach - 3 x 10

# Week 3:

## Day 1

- » Squats w/ small resistance band - 3 x 10
- » Squat Jumps - 3 x 5-7
- » Regular Lunges - 3 x 10
- » Incline Pushups - 3 x 5
- » High Plank - 3 x 10
- » Split Jumps - 3 x 10
- » Crunches - 3 x 20
- » Tricep Extensions w Band - 3 x 10

## Day 3

- » Squats w Shoulder Press - 3 x 10
- » Burpees - 3 x 7
- » High Knees - 3 x :30 sec
- » Plank Holds - 3 x :20 sec
- » Rows w/ Band - 3 x 10
- » Butt Kicks - 3 x :30 sec
- » Squat Holds - 3 x 5, hold :10 sec

## Day 4

- » Jumping Jacks - 3 x 20
- » High Banded Squat Shuffles - 3 x 10
- » Tricep Dips - 3 x 10
- » Squat Jumps - 3 x 10
- » Basic Sit-ups + Cross Reach - 3 x 10-20 reps
- » Calf Raises - 3 x 10
- » Burpees - 3 x 5

## Day 6

- » Lunges w Lat Pulldown - 3 x 10
- » Squats w/ an overhead press - 3 x 10
- » Glute Bridges + Clam - 3 x 10
- » Single Leg Glute Bridges: - 3 x 10
- » Jumping Jacks - 3 x 15
- » Burpees - 3 x 5
- » Sit-ups + Cross Reach - 3 x 15