



# Women's Home Workout *Bible*

*A better  
body for  
every budget*

BRAD SCHOENFELD, CSCS, CPT

Author of the best-selling *Sculpting Her Body Perfect*

# Women's **HOME** **WORKOUT** Bible



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藏书章

BRAD SCHOENFELD, CSCS, CPT



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*In loving memory of my father:  
my mentor, my inspiration.*

# Exercise Finder

Exercise	Page number	Single-joint exercise	Multijoint exercise	BUDGET			
				\$100 US	\$500 US	\$1000 US	\$2500+ US
SHOULDERS							
Arnold press with dumbbells	114		●		●	●	●
Arnold press with resistance band	26		●	●	●	●	●
Bent lateral raise with dumbbells	118	●			●	●	●
Bent lateral raise with resistance band	28	●		●	●	●	●
Front raise with barbell	132	●				●	●
Front raise with dumbbells	116	●			●	●	●
Kneeling bent lateral raise with cable	181	●					●
Lateral raise with dumbbells	117	●			●	●	●
Lateral raise with resistance band	27	●		●	●	●	●
Military press with barbell	129		●			●	●
One-arm lateral raise with cable	180	●					●
Pike press	22		●	●	●	●	●
Prone reverse fly with dumbbells	119	●			●	●	●
Shoulder press with cable	178		●				●
Shoulder press with dumbbells	113		●		●	●	●
Shoulder press with machine	177		●				●
Shoulder press with resistance band	25		●	●	●	●	●
Standing reverse fly with resistance band	29	●		●	●	●	●
Upright row with barbell	130		●			●	●
Upright row with cable	179		●				●
Upright row with dumbbells	115		●		●	●	●
Upright row with resistance band	24		●	●	●	●	●



Exercise	Page number	Single-joint exercise	Multijoint exercise	BUDGET			
				\$100 US	\$500 US	\$1000 US	\$2500+ US
ARMS							
21s with barbell	135	●				●	●
Arm curl with barbell	134	●				●	●
Arm curl with dumbbells	120	●			●	●	●
Arm curl with resistance band	30	●		●	●	●	●
Close-grip bench press with barbell	131	●				●	●
Concentration curl with dumbbells	123	●			●	●	●
Concentration curl with resistance band	32	●		●	●	●	●
Drag curl with barbell	137	●				●	●
Hammer curl with cable	182	●					●
Hammer curl with dumbbells	125	●			●	●	●
Hammer curl with resistance band	31	●		●	●	●	●
Incline curl with dumbbells	121	●			●	●	●
Lying triceps extension with dumbbells	127	●			●	●	●
Nose breaker with barbell	136	●				●	●
One-arm curl with cable	183	●					●
Overhead triceps extension with cable	184	●					●
Overhead triceps extension with dumbbells	126	●			●	●	●
Overhead triceps extension with resistance band	34	●		●	●	●	●
Preacher curl with barbell and stability ball	133	●				●	●
Preacher curl with dumbbells	122	●			●	●	●
Press-down with cable	185	●					●
Press-down with resistance band	33	●		●	●	●	●
Prone incline curl with dumbbells	124	●			●	●	●
Triceps dip	23		●	●	●	●	●
Triceps kickback with cable	186	●					●
Triceps kickback with dumbbells	128	●			●	●	●
Triceps kickback with resistance band	35	●		●	●	●	●

(continued)

Exercise	Page number	Single-joint exercise	Multijoint exercise	BUDGET			
				\$100 US	\$500 US	\$1000 US	\$2500+ US
CHEST							
Chest press with cable	188		●				●
Crossover fly with cable	189	●					●
Flat chest press with barbell	149		●			●	●
Flat chest press with dumbbells	142		●		●	●	●
Flat fly with dumbbells	143	●			●	●	●
Incline chest press with barbell	148		●			●	●
Incline chest press with dumbbells	141		●		●	●	●
Incline chest press with machine	187		●				●
Incline fly with dumbbells	144	●			●	●	●
Incline push-up	37		●	●	●	●	●
Push-up	36		●	●	●	●	●
Reverse push-up with stability ball	40		●	●	●	●	●
Standing chest press with resistance band	48		●	●	●	●	●
Standing fly with resistance band	50	●		●	●	●	●
Standing incline chest press with resistance band	49		●	●	●	●	●
Standing low fly with resistance band	51	●		●	●	●	●
BACK							
Chin-up	38		●	●	●	●	●
Front lat pull-down with machine	190		●				●
Incline row with barbell	146		●			●	●
Incline row with dumbbells	140		●		●	●	●
Lat pull-down with resistance band	44		●	●	●	●	●
Lying pullover with resistance band	47	●		●	●	●	●
One-arm low row with resistance band	45		●	●	●	●	●
One-arm row with dumbbells	139		●		●	●	●
Pullover with dumbbells	138	●			●	●	●
Pull-up	39		●	●	●	●	●
Prone lat pull with stability ball	41	●		●	●	●	●
Reverse bent row with barbell	147		●			●	●
Reverse low row with cable	193		●				●
Row with resistance band and stability ball	43		●	●	●	●	●
Seated row with cable	191		●				●

Exercise	Page number	Single-joint exercise	Multijoint exercise	BUDGET			
				\$100 US	\$500 US	\$1000 US	\$2500+ US
BACK (continued)							
Seated row with machine	192		•				•
Seated row with resistance band	42		•	•	•	•	•
Straight-arm pull-down with cable	194	•					•
Straight-arm pull-down with resistance band	46	•		•	•	•	•
T-bar row with barbell	145		•			•	•
CORE							
Bicycle crunch	53	•		•	•	•	•
Bird dog	56	•		•	•	•	•
Crunch	57	•		•	•	•	•
Crunch with stability ball	66	•		•	•	•	•
Hanging knee raise	64		•	•	•	•	•
Helicopter with stability ball	69	•		•	•	•	•
Horizontal woodchop with resistance band	73	•		•	•	•	•
Kneeling and twisting crunch with cable	196	•					•
Kneeling crunch with cable	195	•					•
Kneeling crunch with resistance band	74	•		•	•	•	•
Low-to-high woodchop with cable	198	•					•
Plank	61	•		•	•	•	•
Reverse crunch	58	•		•	•	•	•
Reverse hyperextension with stability ball	65	•		•	•	•	•
Reverse pendulum	60	•		•	•	•	•
Roll-out with barbell	151	•				•	•
Rotating crunch with stability ball	70	•		•	•	•	•
Russian twist with stability ball	71	•		•	•	•	•
Side bend with cable	197	•					•
Side bend with dumbbells	150	•			•	•	•
Side bridge	62	•		•	•	•	•
Side crunch with stability ball	67	•		•	•	•	•
Side jackknife	59	•		•	•	•	•
Superwoman	55		•	•	•	•	•
Toe touch	52	•		•	•	•	•
Twisting crunch	54	•		•	•	•	•

(continued)



Exercise	Page number	Single-joint exercise	Multijoint exercise	BUDGET			
				\$100 US	\$500 US	\$1000 US	\$2500+ US
FRONT OF THIGHS							
Back squat with barbell	162		●			●	●
Front squat with barbell	163		●			●	●
Hack squat with barbell	164		●			●	●
Leg extension with machine	200	●					●
Leg extension with resistance band	98	●		●	●	●	●
Leg extension with stability ball	94	●		●	●	●	●
Leg press with machine	199		●				●
Leg press with resistance band	97		●	●	●	●	●
Lunge	80		●	●	●	●	●
Lunge with barbell	166		●			●	●
Lunge with dumbbells	156		●		●	●	●
Lying adductor raise	88	●		●	●	●	●
One-leg squat	76		●	●	●	●	●
One-leg squat with dumbbells	153		●		●	●	●
Reverse lunge	81		●	●	●	●	●
Reverse lunge with barbell	167		●			●	●
Reverse lunge with dumbbells	157		●		●	●	●
Side lunge	82		●	●	●	●	●
Side lunge with dumbbells	158		●		●	●	●
Sissy squat	78	●		●	●	●	●
Split squat lunge	79		●	●	●	●	●
Split squat lunge with barbell	165		●			●	●
Split squat lunge with dumbbells	155		●		●	●	●
Split squat lunge with resistance band	96		●	●	●	●	●
Squat	75		●	●	●	●	●
Squat with dumbbells	152		●		●	●	●
Squat with resistance band	95		●	●	●	●	●
Standing adductor raise with cable	202	●					●
Standing adductor raise with resistance band	101	●		●	●	●	●
Step-up	83		●	●	●	●	●
Step-up with dumbbells	159		●		●	●	●

Exercise	Page number	Single-joint exercise	Multijoint exercise	BUDGET			
				\$100 US	\$500 US	\$1000 US	\$2500+ US
FRONT OF THIGHS (continued)							
Sumo squat	77		•	•	•	•	•
Sumo squat with dumbbells	154		•		•	•	•
BACK OF THIGHS AND GLUTES							
Bridge	63	•		•	•	•	•
Bridge with stability ball	72	•		•	•	•	•
Floor kick	84	•		•	•	•	•
Glute back kick with cable	204	•					•
Good morning with barbell	168	•				•	•
Hyperextension with stability ball	68	•		•	•	•	•
Leg curl with stability ball	93	•		•	•	•	•
Prone hip extension	85	•		•	•	•	•
Prone leg curl	87	•		•	•	•	•
Prone leg curl with machine	201	•					•
Prone one-leg curl with resistance band	99	•		•	•	•	•
Lying abductor raise	90	•		•	•	•	•
Standing abductor raise	89	•		•	•	•	•
Standing abductor raise with cable	203	•					•
Standing abductor raise with resistance band	100	•		•	•	•	•
Standing leg curl	86	•		•	•	•	•
Stiff-legged deadlift with barbell	169	•				•	•
CALVES							
Bent-knee toe press with resistance band	103	•		•	•	•	•
Seated calf raise	92	•		•	•	•	•
Seated calf raise with dumbbells	161	•			•	•	•
Standing calf raise	91	•		•	•	•	•
Standing calf raise with dumbbells	160	•			•	•	•
Standing calf raise with resistance band	102	•		•	•	•	•
Toe press with machine	205	•					•
Toe press with resistance band	104	•		•	•	•	•

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Finally, to Human Kinetics, the best publisher of sports and fitness books, hands down!

# Introduction

It's 6 p.m. and you've just come home from a hard day's work. You're tired and hungry, and it's raining harder than Noah himself ever could have fathomed. But you've made a commitment to start a new workout program and get into shape once and for all. No two ways about it, you have to haul your butt into the gym . . . now!

So, you throw on some sweats, lug the kids into the car, and endure the 15-minute drive to your neighborhood health club, getting soaked as you make the 100-yard dash from the overcrowded parking lot to the front desk. By the time you finish checking the kids into child care and putting your stuff away in the locker room, it's pushing 7 o'clock. You make your way onto the congested gym floor only to find that all the machines you want to use are taken. You consider entering the free-weight area, but a couple of meatheads are pressing dumbbells the size of ship anchors and grunting like they're giving birth. Scratch that idea.

So, you wait . . . and wait. An hour and a half later, you finally finish your last set of the evening. You grab the kids (who won't stop complaining about how bored they've been), pay the babysitting fee, and again brave the drenching rain on the trek back to your car. When you finally arrive home, your husband is grumbling that he had to make himself a TV dinner. By this point, all you want to do is take an aspirin and hit the sack.

Although this example may seem a bit melodramatic, at some point, everyone who has fitness goals faces the hassles associated with training in a facility. For many women, it's enough of a turnoff to derail their workout programs. But things don't have to be this way.

What if you could simply amble into your basement or den and blast through a quick workout while little Tommy does his homework and Jen practices her violin? You could wear whatever you want, without any obligation to put on makeup or fix your hair, and you could listen to whatever music your heart desires. After you'd finished sweating up a storm, you could shower in the privacy of your own bathroom with your own toiletries and fluffy towels. No driving in inclement weather. No waiting for machines. No worrying about contracting a fungus from unsanitary equipment. No crass pickup lines. No judgments of catty members. Sound good?

Welcome to the wonderful world of home-gym ownership. The benefits of having your very own gym at home can be summarized in one word: freedom. You're free to do what you want, when you want, and how you want. Of course, you're also free from paying those hefty membership dues that can run as high as thousands of dollars per year. One popular facility in New York City charges over \$5,000 annually, not including towel service! Considering that a basic home gym can be put together for a fraction of this price, the potential savings are huge, especially over the long term.

If you're convinced that a home gym is right for you, this book is the perfect resource for guiding you through every step of the process. Over the past two decades, I



have helped countless women customize home gyms and have shown them how to utilize the equipment to best achieve their fitness goals. In the pages that follow, I'll do the same for you. Whether you're starting from scratch, expanding an existing home gym, or simply looking to make better use of the equipment you have, this book will show you how.

Chapters 1 and 2 take you through the all-important first steps of setting up a home gym; namely, how to purchase equipment that matches your space and budget. You'll gain insight into how to choose an exercise room, how to maximize the use of your space, and how to spruce up your training area for optimum comfort and inspiration. Next, you'll learn the keys to researching equipment vendors, where to go when you're ready to buy, and some tried-and-true tricks for getting the best bang for your buck.

Chapters 3 through 7 cover equipment and exercises for strength training, cardio, and flexibility. Far too many women purchase expensive equipment that doesn't suit their needs. Ultimately, they end up trading it in or selling it for far less than they paid. The information in these chapters will help you avoid this problem. I'll show you what to look for in virtually every imaginable type of fitness product, highlighting the inherent advantages and drawbacks of each, as well as recommending which pieces are necessary and which are optional. Each chapter concludes with detailed descriptions of dozens of home-based exercises that are categorized into muscle groups for easy reference.

Chapter 8 provides the fundamental tools for using your equipment to its fullest potential. You will learn how to set fitness goals that keep you motivated, and you'll explore the Ten Commandments of Fitness. These guidelines are crucial to achieving your goals. This chapter is a must-read if you expect to optimize your training results.

Chapters 9 through 12 explore the subject of training with customized routines that target popular fitness goals by suggesting exercises, sets, repetitions, and intensity levels. Routines are provided for four different budgets, allowing you to enjoy a terrific workout whether you have minimal equipment or a fully stocked home gym. The chapters also provide expert tips for long-term training that will help you sustain results and continue to progress.

In summary, this book provides a complete blueprint for creating the ultimate workout experience at home. Follow the advice outlined herein and you'll have the knowledge and wherewithal to build a personalized gym for years of lasting pleasure, as well as a fit and healthy body. I'll stake my reputation on it.



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## PART I

# Space, Budget, and Setup

