FutureXYou

TRANSFORM TODAY, BECOME TOMORROW'S YOU.

FREE WEEKLY PLAN

Home Workout

Plan for You



DUMBBELLS & CHAIR

3 DAYS PER WEEK

FORM GUIDE INCLUDED

TRACK YOUR PROGRESS

FUTUREXYOU

Mon · Wed · Thu · 45 minutes · Dumbbells + bodyweight

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Your Week

Three workouts. Four rest days. Simple.

DAY	WHAT YOU DO	TIME
Monday	**Workout 1:** Lower body & core	45 min
Tuesday	Rest. Optional easy walk.	—
Wednesday	**Workout 2:** Upper body & core	45 min
Thursday	**Workout 3:** Full body & core	45 min
Friday	Rest. Optional easy walk and stretching.	—
Saturday	Rest. Optional easy walk.	—
Sunday	Rest. Get ready for Monday.	—

Rest days are when your muscles repair and grow. A 20–30 minute easy walk on rest days is great but not required.

What you need

- **Dumbbells:** ideally two pairs (one lighter, one heavier) or adjustable ones
- **An exercise mat** (or a soft towel)
- **A sturdy chair or sofa** for rows, step-ups and incline push-ups
- **Water and a timer** (your phone is fine)

How to read the plan

YOU SEE	IT MEANS
3 × 10–12	Do **3 sets**. Each set is **10 to 12 repetitions** (reps). One rep = one full movement.
Rest 60 sec	Rest for 60 seconds between sets. Drink water.
Each side	Do the reps on your left leg or arm, then your right.
20–40 sec	Hold the position for that many seconds.

Choosing your dumbbell weight

Pick a weight where the **last 2 reps feel hard**, but you can still keep perfect form. If you could do 4 or more extra reps, go heavier. If your form breaks down, go lighter.

EXERCISE TYPE	STARTING GUIDE (PER HAND)
Legs and hips (squats, deadlifts, lunges)	6–12 kg (one heavier dumbbell for goblet squat and sumo squat)
Rows and presses	4–8 kg
Arms and carries	2–6 kg (carries can be heavier)

This is only a starting point. Adjust to how you feel.

Warm-Up & Cool-Down

Do these every workout. About 5 minutes each.

WARM-UP (5 MIN)	HOW LONG
1. March on the spot — lift your knees, swing your arms	60 sec
2. Arm circles — big circles, forwards then backwards	20 sec each way
3. Bodyweight squats — sit back and down, stand tall	10 reps
4. Hip hinge — hands on hips, push hips back, back flat	10 reps
5. Cat-cow — on hands and knees, round then arch your back	8 reps
6. Glute bridge — lie down, lift your hips, squeeze	10 reps

Before your first exercise, do **one light warm-up set** with a lighter dumbbell.

COOL-DOWN (5 MIN)	HOW LONG
Quad stretch — standing, pull your heel toward your glute (hold a wall)	30 sec each leg
Hamstring stretch — heel forward, hinge at the hips	30 sec each leg
Chest stretch — hands behind you, or an arm on a door frame	30 sec
Child's pose — sit back on your heels, arms long	40 sec
Slow breathing — in through the nose, out slowly	5 breaths

FORM RULES FOR EVERY EXERCISE

Breathe out when you push or lift. Lower slowly for about 2 seconds. Keep your back flat and your core gently tight. **Stop and rest if you feel sharp pain, dizziness or chest pain.** If you have any health concerns, check with your doctor before you begin.

Workout 1 · Monday

Lower Body & Core

Plan: Warm-up 5 min + 6 exercises (about 30 min) + Cool-down 5 min = about 45 min

#	EXERCISE AND HOW TO DO IT	SETS × REPS	REST
1	**Goblet Squat** Hold one dumbbell at your chest. Feet shoulder-width apart. Sit your hips back and down, chest up, then push through your heels to stand.	3 × 10–12	60 sec
2	**Dumbbell Romanian Deadlift** Dumbbells in front of your thighs, knees soft. Push your hips back, slide the weights down your legs with a flat back, then squeeze your glutes to stand.	3 × 10–12	60 sec
3	**Reverse Lunge** Dumbbells at your sides. Step one foot back, lower your back knee toward the floor, then push through your front heel. Hold a chair if you need balance.	3 × 8 each side	60 sec
4	**Glute Bridge with Dumbbell** Lie on your back, knees bent. Rest a dumbbell on your hips. Push your hips up, squeeze your glutes for 1 second, lower slowly.	3 × 12–15	45 sec
5	**Standing Calf Raise** Hold dumbbells at your sides. Rise onto your toes, pause for 1 second, lower slowly. Hold a wall for balance.	3 × 15	45 sec
6	**Plank** Forearms on the floor, body in a straight line from head to heels. Squeeze your glutes and tummy. Knees down is fine.	3 × 20–40 sec	45 sec

COACH TIP

Go slow on the way down. The squat, deadlift and lunge are your strongest muscle-builders, so take your time and use good form.

Workout 2 · Wednesday

Upper Body & Core

Plan: Warm-up 5 min + 6 exercises (about 30 min) + Cool-down 5 min = about 45 min

#	EXERCISE AND HOW TO DO IT	SETS × REPS	REST
1	**Dumbbell Floor Press** Lie on your back, knees bent. Press the dumbbells up over your chest, then lower until your upper arms touch the floor.	3 × 10–12	60 sec
2	**One-Arm Dumbbell Row** One hand and one knee on a chair or sofa, back flat. Pull the dumbbell to your hip, squeeze your shoulder blade, lower slowly.	3 × 10–12 each arm	60 sec
3	**Dumbbell Shoulder Press** Sit or stand tall. Start with dumbbells at shoulder height, press overhead, lower with control. Keep your ribs down; don't arch your back.	3 × 10	60 sec
4	**Push-Up** Hands under shoulders, body in one straight line. Lower your chest toward the floor, then push away. Use your knees or a sofa if needed.	3 × 6–10	60 sec
5	**Arm Combo: Curl + Overhead Triceps** Do 12 biceps curls, then straight into 12 overhead triceps extensions (one dumbbell held with both hands). That is 1 set. Elbows stay still.	2 × 12 + 12	60 sec
6	**Dead Bug** Lie on your back, arms up, knees over hips. Slowly lower the opposite arm and leg toward the floor, keeping your lower back pressed down. Switch sides.	3 × 8 each side	45 sec

COACH TIP

Keep your shoulders away from your ears. Pull your shoulder blades back and down on every row and press.

Workout 3 · Thursday

Full Body & Core

Plan: Warm-up 5 min + 6 exercises (about 30 min) + Cool-down 5 min = about 45 min

#	EXERCISE AND HOW TO DO IT	SETS × REPS	REST
1	**Sumo Squat** Hold one dumbbell between your legs with both hands. Feet wide, toes turned out. Lower straight down, then push up through your heels.	3 × 12	60 sec
2	**Bent-Over Row** Dumbbells in both hands. Hinge forward with a flat back and soft knees. Pull both elbows back toward your hips, squeeze, lower slowly.	3 × 10–12	60 sec
3	**Dumbbell Thruster** Hold dumbbells at your shoulders. Squat down, then as you stand, press the dumbbells overhead in one smooth move.	3 × 10	60 sec
4	**Staggered-Stance Deadlift** One foot slightly behind, toes down. Hinge at the hips with a flat back, dumbbells sliding down your front leg. Stand tall. Switch legs.	3 × 10 each side	60 sec
5	**Incline Push-Up** Hands on the sofa or sturdy chair, body in one line. Lower your chest toward it, then push back up.	3 × 8–12	45 sec
6	**Farmer Carry** Hold a dumbbell in each hand at your sides. Stand tall and walk slowly with short steps, shoulders down. No space? Do a side plank instead.	3 × 30–40 sec	45 sec

COACH TIP

Your legs did a hard session on Monday, so keep the weight moderate. Aim for smooth, controlled reps and strong posture.

Too Easy? Too Hard?

Change the exercise, not the goal.

EXERCISE	MAKE IT EASIER	MAKE IT HARDER
Goblet squat	Bodyweight squat to a chair	Heavier dumbbell, pause 2 sec at the bottom
Romanian deadlift	Lighter weight or no weight	Heavier, lower for 3 sec
Reverse lunge	Hold a chair, no weights	Heavier, or pause at the bottom
Glute bridge	No dumbbell	One leg at a time
Calf raise	No weight, hold a wall	One leg at a time
Plank	Knees down	Longer hold
Floor press / shoulder press	Lighter dumbbells	Heavier, slower lowering
Rows	Lighter dumbbell	Pause 2 sec at the top
Push-up	Hands on a sofa or wall	Full push-up, slow lowering
Dead bug	Move only arms or only legs	Hold a light dumbbell over your chest
Thruster	Lighter, do squat and press separately	Heavier dumbbells
Farmer carry	Shorter time	Heavier dumbbells

How to get stronger next week

- **Hit the top of the reps** (for example 3 × 12) on every set with good form? **Add 1–2 kg** next time.
- Not ready for more weight? Add **1–2 reps** instead, or slow down the lowering.
- **Little by little** is the plan. Small steps add up to big changes over 12 weeks.
- Missed a day? Just do that workout the next day you can. Never double up.

WANT TO GO FURTHER?

Training is only half the picture. For a personal nutrition plan built around your body, goals and food tastes, message Coach Larry or visit **futurexyou.com**.

Workout Log

Write your weights and reps. Try to beat them next week.

MONDAY	WEIGHT (KG)	SET 1 REPS	SET 2 REPS	SET 3 REPS
Goblet squat				
Romanian deadlift				
Reverse lunge				
Glute bridge				
Calf raise				
Plank (seconds)				

WEDNESDAY	WEIGHT (KG)	SET 1 REPS	SET 2 REPS	SET 3 REPS
Floor press				
One-arm row				
Shoulder press				
Push-up				
Arm combo				
Dead bug				

THURSDAY	WEIGHT (KG)	SET 1 REPS	SET 2 REPS	SET 3 REPS
Sumo squat				
Bent-over row				
Thruster				
Staggered deadlift				
Incline push-up				
Farmer carry (seconds)				

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Questions? Message Coach Larry on WhatsApp:
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"Transform today, become tomorrow's you"

General fitness guidance, not medical advice. Stop if anything hurts and speak to your doctor if you are unsure.