

At-Home Beginner Exercise Program

By: Coach Bronson, CCFT, CPT, BCS
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Exercise is the best way to optimize your nutrition lifestyle

Here's a [link](#) to a video that gives 4 ways you can make exercise work better for you to have more success on your journey. [Watch this video](#)



Program Details

The goal of this plan is to help you increase daily movement, improve lean mass, and establish a habit of physical activity.

ULTIMATE Ketogenic Fitness

There are 7 movements in total, that I want you to get better at doing. You may not be able to do some of them right now and that's ok. Each day, do the ones you can until you're ready to try new ones.

The 7 essential movements are:

1. Squatting (legs and hips) - <https://youtu.be/-tc96B2kDiA>
2. Bending (legs and hips) - <https://youtu.be/f4lSYJwRDf4>
3. Lunging (legs, hips, balance) - <https://youtu.be/Nd0KHq1F0HE>
4. Pushing (arms, chest, shoulders) - <https://youtu.be/G3Ud2fSV9pU>
5. Pulling (arms, back, shoulders) - <https://youtu.be/O5HJPFVB8ZY>
6. Carrying (grip, shoulders) - <https://youtu.be/Ti9rEz90Ing>
7. Twisting (core) - <https://youtu.be/iPLNOnErupg>

How to do the workouts

You're going to do one exercise from each movement every day. When you're first getting started, I don't care which one you pick or if you do the same one each time. The most important thing is to do them daily.

How many reps to do

I want you to work up to where you can do each movement for 20 reps in one set.

Try and get to 20 reps on all 7 movements before you make any changes or progression.

When you get started, it may be hard to even imagine doing 20 reps. Keep at it and it will happen faster than you think. When you're ready, you can try progressing to 2 sets of 20 reps for each movement. This will give you an additional challenge and help you even more.

If you follow this process, you will eventually get to a point where you can do 3 sets of 20 reps for each movement!! Guess what?!?! This means you're ready for more and it's time to get with me and find out how to advance your fitness!

Further progressions

What do you do when you get to a good level on one movement but still have to work on others? You can keep doing the same number of reps on the movement you've gotten good at or you can increase the challenge a little by adding a new variable into the mix.

For example, when you get really good at sitting and standing, you may still be working on pulling. When you do the sitting and standing work you can add in one of three things to make it more challenging, while continuing to do the pulling work the same as before.

1. You can go up and down slowly. Changing the tempo makes your muscles do a little more work and is a great way to add intensity very easily
2. You can hold yourself in a position that makes you work without moving. This is called pause work or holds. Similar to tempo work, pausing in the middle of a movement makes you work a little harder each time.
3. You can add some resistance or weight. There are a dozen different ways to do this. Adding weight is a versatile option. You can use household items or you can get some basic exercise equipment like resistance bands or dumbbells to do it.

How do you put this all together?

Here's an example of what one day of doing this program could look like. All of the movements are detailed at the end of this guide.

1. Do 10 reps of Sit Down Stand Up at a regular stance, then rest as needed.
2. Do 10 Reps of Good Mornings at a regular stance, then rest as needed.
3. Walk up and down your stairs 5 times, then rest as needed.
4. Do 15 Hold 'Em Highs and IYTs together, then rest as needed.

You can do this all at one time in the day, or break it up into a couple of times in a day. That's up to you.

That's it!

But that's not all 7 movements Coach!

You're right it's not. It doesn't have to be. The purpose of this program is to give you options and a place to start. You don't have to try and do it all right off the bat. Eventually, you will get to a point where you can do all of these movements with no problem!

7 Essential Movement Exercises Video Links

Squatting - <https://youtu.be/kGnKL6s8XW4>

Sit Down Stand Up (Regular, Wide, Close, Staggered)

Bending - <https://youtu.be/rwAAaE3zQB4>

Good Morning (Regular, Wide, Close, Staggered)

Lunging - https://youtu.be/9W8Z_wvxWnc

Step Over (1 step with each foot is 1 rep), Step Up (1 step with each foot is 1 rep), and Stairs

Pushing - <https://youtu.be/yAqKR9NpOM8>

Hold'em High (3-sec hold is 1 rep) and Lift Up

Pulling - <https://youtu.be/meRbn5Cu74E>

Isometric Pulldown and IYT's (1 time through each position is 1 rep)

Carrying - <https://youtu.be/UFU2B9JNvCk>

Farmer's Carry, Single Arm Carry, and Baby Carry

Twisting - <https://youtu.be/e60HbHAjVWo>

Twist (both sides count a 1 rep) and Hold and Move Weight from Side to Side (each lift is 1 rep)

About Coach Bronson

Coach Bronson has been guiding and training people in health and fitness for over 10 years. He started CrossFit around his 40th birthday and quickly fell in love with the variety, community, coaching, and results. It didn't take long for him to realize that learning more about fitness and becoming a coach was the next path his life was taking.

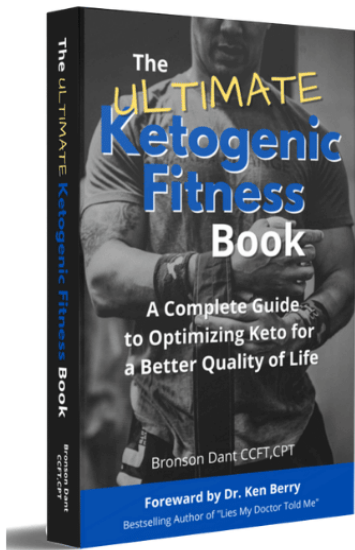
Coach Bronson opened a CrossFit gym in 2014. As a gym owner, helping people with their overall health and fitness he developed successful programs to improve his client's quality of life and physical freedom consistently and sustainably.

In 2018 Coach Bronson discovered how an animal-based nutrition lifestyle optimized his metabolic health and performance. Since then, he has designed specific methods to use both nutrition and fitness to radically improve the lives of people all over the world.



Coach Bronson is the author of “[The Ultimate Ketogenic Fitness Book: A complete guide to optimizing Keto for a better quality of life](#)”. He offers a coaching program, one on one consultations, and runs a very successful 10-week health and fitness challenge for people from all walks of life.

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travis



Nutritional guide at its best

Reviewed in the United States on August 2, 2022

Verified Purchase

Such a great and powerful book on the way a person is meant to eat and exercise. My advice is to read this book and understand it. Then get off the couch and exercise while eating the right stuff and cutting out the garbage. You'll feel your best!

Coach Bronson's Website and Social Media

Website: <https://ultimateketogenicfitness.com>

YouTube: <https://www.youtube.com/c/ultimateketogenicfitness>

Instagram: https://instagram.com/coach_bronson_keto