CourseMints

GUIDE

Fit at Home

Complete Equipment-Free Workout System

SELF-PACED PDF COURSE

COURSEMINTS.COM

CourseMints

Fit at Home

Complete Equipment-Free Workout System

COPYRIGHT

© 2026 CourseMints. Published by Morvex Corporation Limited, Studio No. 28, 2 Old Brompton Road, London, England, SW7 3DQ. Registry Nr: 17034959. info@coursemints.com

All rights reserved. No part of this guide may be reproduced, stored or transmitted in any form without written permission from the publisher, except as allowed by the license below.

YOUR LICENSE

This guide is licensed to the buyer for personal use. You may download it, read it on any of your devices and print as many copies as you need for yourself. Please do not resell, share, upload or redistribute it, in whole or in part.

DISCLAIMER

This guide is for educational purposes only and is not medical advice. It does not diagnose, treat or replace care from a qualified health professional. Talk to your doctor before you change any treatment, medication or care plan, and get help promptly for any symptom that worries you.

INSIDE THIS GUIDE

Contents

	How to Use This Guide	4
	Before You Begin: Safety and Readiness	6
CHAPTER 1	**How Bodyweight Training Works**	10
CHAPTER 2	**Test Your Starting Point**	14
CHAPTER 3	**Warm-Up, Cool-Down and Mobility**	18
CHAPTER 4	**Squats and Lunges**	22
CHAPTER 5	**Hinges and Bridges**	28
CHAPTER 6	**Pushing**	33
CHAPTER 7	**Pulling With Household Items**	37
CHAPTER 8	**Core and Carries**	41
CHAPTER 9	**Conditioning Without a Machine**	46
CHAPTER 10	**Workout Formats: Sets, Circuits, EMOM and AMRAP**	49
CHAPTER 11	**How to Keep Progressing**	52
CHAPTER 12	**Recovery: Rest, Sleep, Food and Soreness**	55
CHAPTER 13	**Your 8-Week Plan and Beyond**	58
	Appendix: Exercise Ladders at a Glance	61

How to Use This Guide

You do not need a gym to get stronger, fitter and more capable. You need a few square feet of floor, a sturdy chair, a doorway, a towel, a backpack and a plan that tells you what to do, how hard to push and when to make it harder. This guide teaches the handful of movement patterns that cover your whole body, gives every exercise an easier and a harder version, and shows you how to combine them into short, effective workouts.

Its companion, the **Fit at Home Program**, turns this into an 8-week plan of printable workout cards with space to log every session, plus a progress tracker. Read Before You Begin and Chapters 1 to 3 first, skim the exercise chapters (4 to 9), then start the program and look up each exercise as it appears. The Appendix lists every exercise ladder on one page.

How the exercise descriptions work

There are no photos in this guide, so every exercise is described in words, in the same order each time:

- **Setup:** where to put your feet, hands and body before you move.
- **Movement:** what moves, in what order, and how far.
- **Breathing:** when to breathe in and out.
- **Common mistakes:** what usually goes wrong and how to fix it.
- **Easier** and **Harder:** the version below and above, so you can step down on a tired day or step up when it gets easy.

Read the description through once before you try an exercise, then read it again while you hold the starting position. Do the first set slowly. If you can, check yourself in a mirror, a dark window or a phone camera propped on a shelf, comparing what you see with the words.

What you need

- [ ] A clear floor space about 6 feet by 6 feet (2 by 2 meters), with nothing to trip over
- [ ] A non-slip surface: a rug that does not slide, a folded blanket, or an exercise mat if you have one
- [ ] A sturdy chair without wheels, which you can push against a wall
- [ ] A solid interior door and doorway, and a thick bath towel
- [ ] A backpack you can load with books or bottles, and two shopping bags or water jugs with handles
- [ ] A bottom stair or a sturdy step (optional, but useful)
- [ ] A timer: any phone clock or a clock with a second hand
- [ ] Supportive shoes, or bare feet on a non-slip surface (socks on a hard floor are a slipping hazard)

How to get the most from it

1. **Learn before you sweat.** In your first week, move slowly and treat each session as practice.
2. **Log everything:** the level, reps and effort for every exercise. Progress you can see is progress you keep.
3. **Judge by the month, not the session.** Some days you will feel strong and some days flat. Look at your logs over four weeks.

TIP

About the examples

The people in the example boxes are composites written to show the method in action. They are not real customers, and their results are illustrations, not promises.

CHAPTER 1

How Bodyweight Training Works

01

Your body is a remarkably good adapter. Ask it to do something slightly harder than it is used to, give it time to recover, and it rebuilds itself to handle that demand more easily next time. Every effective training plan, with or without equipment, is built on that cycle. This chapter explains how it works with your own bodyweight, so that you understand why the program asks for what it asks.

The adaptation cycle

Three principles drive every improvement you will make.

1. **Overload.** Your body only adapts to a demand that is a little more than it is used to. Ten easy squats a day will not make you stronger once ten squats are easy.
2. **Progression.** As you adapt, the same workout stops being an overload. You have to keep nudging the demand upward: more reps, a harder version, slower lowering, less rest.
3. **Recovery.** The improvement does not happen during the workout. It happens in the hours and days after, while you sleep, eat and rest. Training hard every day without recovery leads to fatigue, not fitness.

A fourth principle, **specificity**, means you get better at what you practice: push-ups improve pushing, intervals improve stamina, balance work steadies you on one leg. That is why the program covers every pattern rather than only the exercises you enjoy.

Can you really build muscle without weights?

Yes, as long as the exercise is hard enough. Muscles respond to effort and tension, not to the label on a dumbbell. Studies comparing light and heavy loads, including a frequently cited 2017 analysis led by Brad Schoenfeld, have found that muscle growth is broadly similar

across a wide range of loads, provided the sets are taken close to the point where you cannot do another good rep. Heavy loads still build maximal strength more effectively. But for most people's goals (stronger legs on the stairs, a solid back, getting up off the floor easily, more energy) bodyweight training goes a very long way.

The catch is that bodyweight exercises get easy: twelve wall push-ups are a challenge in week one and a warm-up by week four. That is why every exercise in this guide sits on a **ladder** of versions, from easiest to hardest. Climbing the ladder is how you add load without adding weights.

THE SCIENCE

What changes, and when

In the first few weeks of strength training, most of the gains come from your nervous system: it learns to recruit more muscle fibers and to coordinate the movement. That is why beginners often get noticeably stronger in a month without looking much different. Visible changes in muscle size usually take longer, typically a few months of consistent training. Heart and lung fitness responds within weeks too. These timelines vary a lot between people with age, genetics, sleep, food and starting point, so treat them as a rough guide rather than a promise.

How hard is hard enough?

Because there is no weight to measure, you measure effort. You will use two simple scales throughout the program.

Reps in reserve (for strength exercises)

At the end of each set, ask: "How many more good reps could I have done?" That number is your **reps in reserve**, or RIR.

Reps in reserve	What it feels like	When the program uses it
4 or more	Comfortable. You could chat.	Warm-ups and technique practice
3	The last reps slow down a little	Weeks 1 and 2
2	The last reps are clearly hard, but your form holds	Most of the program

Reps in reserve	What it feels like	When the program uses it
1	You are fairly sure one more rep would be the last	Occasional sets late in the program
0	You could not do another rep with good form	Rarely, and only on the tests

Beginners usually underestimate how many reps they have left. If you are unsure, do one set to the point where your form starts to break, once, so that you know what "no reps left" actually feels like. Then stay two or three reps short of it.

Effort out of 10 (for conditioning)

For circuits and cardio, rate your overall effort from 0 (resting) to 10 (absolute maximum). Pair it with the talk test:

Effort	Talk test	Feels like
3 to 4 (easy)	You can talk in full sentences	A warm-up, a brisk stroll
5 to 6 (moderate)	You can talk, but not sing	Brisk walking, steady circuits
7 to 8 (hard)	A few words at a time	Hard intervals
9 to 10 (very hard)	You cannot talk	All-out efforts. Not needed in this program

How much exercise do you need?

The World Health Organization's 2020 guidelines, which match the US Physical Activity Guidelines for Americans, recommend that adults do:

- **150 to 300 minutes a week of moderate aerobic activity** (such as brisk walking), or 75 to 150 minutes of vigorous activity, or a mix of both, and
- **muscle-strengthening activities on two or more days a week** that work all the major muscle groups.

Older adults are also advised to include balance training, and both sets of guidelines stress that some activity is better than none. The program's three full-body sessions a week cover the strengthening recommendation; brisk walks on two or three other days take you close to the aerobic target.

CourseMints

PROGRAM

Fit at Home Program

8-Week Bodyweight Plan, Workout Cards and Progress Tracker

COMPANION TO FIT AT HOME

INSIDE THIS PROGRAM

Contents

	How to Use This Program	4
	Before You Begin: Test and Set Up	7
PART 1	**Foundation**	10
PART 2	**Build**	12
PART 3	**Strength-Endurance**	14
PART 4	**Peak and Test**	16
PART 5	**Progress Tracker**	18

TIP

The 7-minute warm-up, before every session

March in place, 1 minute. Arm circles, 30 seconds. Hip hinge x 8. Squat x 8. Step-back lunge with reach x 4 each side. Cat-cow x 6. Glute bridge x 8. Wall push-up x 8. Quick feet or step jacks, 30 seconds. Then one easy ramp-up set of 5 reps of the first exercise, one rung below your working rung.

TIP

The cool-down, after every session

Walk around easily for 1 to 2 minutes. Then hold four or five stretches for 20 to 30 seconds each at a mild 3 or 4 out of 10: calf, kneeling hip flexor, lying hamstring with a towel, figure-four, doorway chest, child's pose.

CAUTION

Safety in one box

Effort and muscle burn are normal. Joint pain above 3 out of 10 means an easier rung, a smaller range or a slower pace; sharp pain means stop that exercise for today. Stop and get help for chest pain or pressure, unusual breathlessness, dizziness or faintness, an irregular heartbeat, or numbness or pain shooting down a limb, and call emergency services if chest pain does not settle with rest. Severe soreness with swelling or dark urine needs medical help the same day. Never hold your breath while you strain.

When life gets in the way

- **Missed one session:** do not double up. Do the next workout on your next training day.
- **Missed a week:** repeat the last week you completed.
- **Short on time:** warm-up, then the main exercises as a circuit of two rounds, no finisher (15 to 20 minutes).
- **Away from home:** swap door rows for backpack rows (guide, Chapter 7).
- **Ill:** no training with a fever or chest symptoms. Come back a rung or two lower.