



DS Online Coach

Beginner's Guide

TO

Home Workouts

Everything you need to know
before you start.



Beginner Friendly



No Equipment Needed





Welcome

Whether you're completely new to exercise or getting back into a routine, this guide is here to help you get started with confidence.

Home workouts can be simple, effective, and a great way to build strength without a gym or expensive equipment. The key isn't doing everything perfectly—it's taking the first step and staying consistent.



IN THIS FREE GUIDE, YOU'LL LEARN:

1. Can you really get results from home workouts?
2. The 5 biggest beginner mistakes (and how to avoid them)
3. Five essential exercises every beginner should know
4. How to put it all together with a sample beginner workout



Remember:

Small, consistent actions lead to lasting results.
**You don't have to be perfect—
you just have to start.**



About Me

Hi, I'm Daniela

CERTIFIED PERSONAL TRAINER
& NUTRITION COACH

I've always been passionate about health, fitness, and helping others become the best version of themselves.

My goal is to make fitness simple, approachable, and sustainable for everyone – no matter where you're starting from.



Why I Created This Guide

I created this guide for anyone who wants to start working out at home but doesn't know where to begin.

I know how overwhelming it can feel – I've been there too. That's why I want to make it easy for you to take that first step and build confidence in a way that feels good.

MY MISSION



Help others
build healthy
habits and
confidence



Show that
fitness doesn't
have to be
complicated



Make it possible
for anyone to
work out
anywhere



You don't need a gym, fancy equipment, or a perfect plan. **You just need to start.** I'm here to help you every step of the way.





Can You Really Get Results From Home Workouts?

Yes! You don't need a gym or fancy equipment to build strength, improve your fitness, and feel amazing.

What matters most is consistency, effort, and choosing the right exercises for you.



WHY HOME WORKOUTS WORK



BUILD STRENGTH

Bodyweight exercises can effectively build muscle and improve strength.



SAVE TIME

No commute, no waiting. You can train whenever it suits you.



BOOST CONFIDENCE

As you get stronger, you'll feel better in your body and mind.



ANYWHERE, ANYTIME

All you need is a little space and the desire to show up.



Remember:

You don't need to be perfect.

You just need to start.

Small steps today lead to big changes tomorrow.





The 5 Biggest Beginner Mistakes

Everyone starts somewhere.
Avoiding these common mistakes will help you
build a strong foundation and stay consistent
for the long run.



1.

DOING TOO MUCH TOO SOON

Starting too intense can lead to burnout or injury. Take it slow and build gradually.

2.

SKIPPING REST DAYS

Rest is when your body recovers and gets stronger. Don't skip it!

3.

COMPARING YOURSELF TO OTHERS

Everyone's journey is different. Focus on your own progress, not someone else's.

4.

CHANGING WORKOUTS EVERY WEEK

Consistency is key. Give your body time to adapt and see results.

5.

GIVING UP TOO EARLY

Results take time. The people who keep going are the ones who succeed.

Remember:

Progress isn't about being perfect.
It's about **showing up and not giving up.**



Beginner Exercises

Five simple exercises to build strength, improve stability, and feel confident.



1

SQUAT

Stand with feet shoulder-width apart. Lower your hips back and down, then push through your heels to stand up.



2

KNEE PUSH-UP

Place hands under shoulders, knees on the ground. Lower your chest toward the floor, then press back up.



3

GLUTE BRIDGE

Lie on your back with knees bent and feet flat. Lift your hips up by squeezing your glutes, then lower down.



4

BIRD DOG

Start on your hands and knees. Extend one arm forward and the opposite leg back. Keep your core engaged. Switch sides.



5

PLANK

Rest on your forearms and toes. Keep your body in a straight line from head to heels. Engage your core.



FOCUS ON FORM, NOT SPEED.

Good form builds strength and prevents injuries.



Sample Beginner Workout

Here's an example of how you could structure your week:



MONDAY

Full Body



WEDNESDAY

Upper Body



FRIDAY

Lower Body

Here is an example of a full-body workout.

WORKOUT



1 SQUATS

2 × 10



2 KNEE PUSH-UPS

2 × 6



3 GLUTE BRIDGE

2 × 12



4 BIRD DOG

2 × 8/side



5 PLANK

2 × 15 sec



REST BETWEEN SETS

Rest 30–90 sec between sets depending on what feels right for you to perform the exercises with proper form.



Next Step

Invest in yourself, one workout at a time
Start your 30-day journey today

WITH THE COMPLETE
30-DAY HOME WORKOUT PLAN
YOU'LL GET:

- ✓ 4-week progressive workout plan
- ✓ Complete Exercise Library with 12 exercises
- ✓ Build a consistent routine in 30 days
- ✓ Progress every week
- ✓ 30-day tracker to keep you accountable
- ✓ Nutrition tips to fuel your body
- ✓ Recovery guide to feel your best
- ✓ Progress check-ins to see your results
- ✓ Reflection pages to track your growth

Get the Guide →

This free guide teaches you what to do.
The complete plan helps you
actually stick with it.



SNEAK PEEK INSIDE

Turn the page to see what's included
in the 30-Day Home Workout Plan.





SNEAK PEEK

Inside

Everything you need to build strength, stay consistent, and feel your best – from **workouts** to **nutrition**.

EXERCISE LIBRARY

Simple moves. Strong foundation.



SIDE LUNGES

Step to the side and sit back into one hip, keeping the other leg straight. Push through your heel to return to center.

EASIER OPTION

Step to the side with a smaller range of motion.



DONKEY KICKS

On your hands and knees, keep your core tight. Lift one leg up behind you, squeezing your glutes at the top. Lower with control.

EASIER OPTION

Lift your leg only slightly or don't lift as high.



CALF RAISES

Stand with feet hip-width apart. Lift your heels off the ground by pushing through your toes, then lower down with control.

EASIER OPTION

Hold onto a chair or wall for support.



Focus on form over speed. You don't need equipment – just consistency.

WEEK 2

FOCUS: BUILD CONSISTENCY & INCREASE VOLUME

MONDAY	WEDNESDAY	FRIDAY
WORKOUT A FULL BODY	WORKOUT B UPPER BODY & CORE	WORKOUT C LOWER BODY

TUESDAY, THURSDAY, SATURDAY, SUNDAY: REST, WALK OR LIGHT MOBILITY

WORKOUT A FULL BODY	WORKOUT B UPPER BODY & CORE	WORKOUT C LOWER BODY
1. SQUAT 3 × 10	1. KNEE PUSH-UP 2 × 8	1. SQUAT 3 × 10
2. KNEE PUSH-UP 3 × 8	2. SHOULDER TAPS 2 × 10 / side	2. REVERSE LUNGE 2 × 10 / leg
3. GLUTE BRIDGE 3 × 12	3. SUPERMAN 3 × 10	3. GLUTE BRIDGE 3 × 12
4. REVERSE LUNGE 2 × 10 / leg	4. DEAD BUG 2 × 10 / side	4. SIDE LUNGE 2 × 10 / side
5. BIRD DOG 2 × 10 / side	5. BIRD DOG 2 × 10 / side	5. DONKEY KICKS 2 × 12 / leg
6. PLANK 2 × 20 sec	6. PLANK 2 × 20 sec	6. CALF RAISES 3 × 12

HOW IT WORKS

Complete each workout with good form and control.

Rest 30–60 seconds between sets.

Choose a variation that challenges you but still allows you to maintain proper form.

Be consistent and trust the process!

30-DAY HOME WORKOUT PLAN

BUILD STRENGTH. GET STRONGER. FEEL BETTER.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Workout A ☐ Completed	Rest / Walk Walk ☐ Completed	Workout B ☐ Completed	Rest ☐ Completed	Workout C ☐ Completed	Optional Walk ☐ Completed	Rest ☐ Completed
WEEK 2	Workout A ☐ Completed	Rest / Walk Walk ☐ Completed	Workout B ☐ Completed	Rest ☐ Completed	Workout C ☐ Completed	Optional Walk ☐ Completed	Rest ☐ Completed
WEEK 3	Workout A ☐ Completed	Rest / Walk Walk ☐ Completed	Workout B ☐ Completed	Rest ☐ Completed	Workout C ☐ Completed	Optional Walk ☐ Completed	Rest ☐ Completed
WEEK 4	Workout A ☐ Completed	Rest / Walk Walk ☐ Completed	Workout B ☐ Completed	Rest ☐ Completed	Workout C ☐ Completed	Optional Walk ☐ Completed	Rest ☐ Completed
FINAL DAYS	DAY 29 Active Rest (Walk, Stretch) ☐ Completed		DAY 30 Final Workout + Progress Check ☐ Completed				

YOU DON'T NEED TO BE PERFECT. YOU JUST NEED TO START. STAY CONSISTENT AND TRUST THE PROCESS.

NUTRITION FOR RESULTS

Training is only part of the picture. Giving your body the right nutrition helps support your workouts, recovery, and overall health.



PROTEIN

Supports muscle maintenance and growth.



CARBOHYDRATES

Provide energy for your workouts and daily activities.



HEALTHY FATS

An important part of a balanced diet.



FRUIT & VEGETABLES

Provide essential nutrients and fiber.



WATER

Helps keep your body hydrated and supports performance.



READY TO BUILD REAL CONSISTENCY?

Get the complete 30-Day Home Workout Plan and follow a proven plan to build strength, boost energy, and become the strongest version of yourself.

Get the Guide



INSTANT DIGITAL DOWNLOAD



MOBILE FRIENDLY