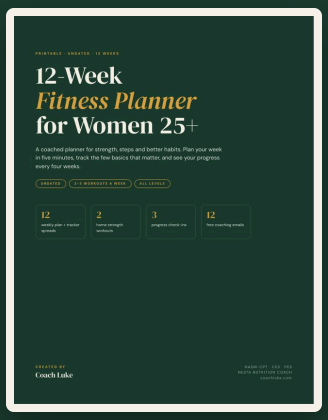
START HERE · YOUR 12-WEEK PATH · PRINTABLE BUNDLE

# Women's *Home Workout* Bundle

Four programs, one simple plan. Get stronger at home in 12 weeks with dumbbells, then your own bodyweight, and gentle chair yoga on your recovery days.




## Fitness Planner

YOUR HOME BASE




## Home Strength

WEEKS 1–4




## Calisthenics

WEEKS 5–8




## Chair Yoga

RECOVERY DAYS

4 PRINTABLE PROGRAMS · 12-WEEK PATH · US LETTER + A4 · FOR WOMEN 25+


**Coach Luke**

NASM-CPT, CES, PES · NESTA Nutrition Coach · coachluke.com


FREE BONUS INSIDE

12 weekly coaching emails (page 9)

WELCOME

# Four programs. One plan. No guesswork.

Hi, I'm Coach Luke. I've coached people for over 20 years, and the women who get the best results at home rarely do the hardest workouts. They follow a clear plan, they rest well, and they keep showing up.

That's what this bundle gives you. Each guide works on its own, but together they make a 12-week path: build a strength base with dumbbells, own your bodyweight, then blend the two. Chair yoga keeps you moving on recovery days, so you feel looser, not more tired.

**Read this guide first (about 10 minutes).** It tells you which guide to open each week.

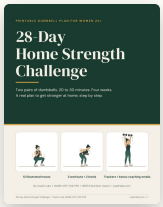
## What's in your bundle




YOUR HOME BASE

### 12-Week Fitness Planner

Plan each week, log your workouts, protein and steps, and check your progress at Weeks 4, 8 and 12. 43 pages.




PHASE 1 · WEEKS 1–4

### 28-Day Home Strength Challenge

12 illustrated dumbbell moves, 3 strength days a week, Level 1 and Level 2. Builds your base. 26 pages.




PHASE 2 · WEEKS 5–8

### 28-Day Calisthenics Challenge

12 bodyweight moves, no equipment. Builds on the strength you gained and works anywhere. 26 pages.




RECOVERY DAYS · ALL 12 WEEKS

### 28-Day Chair Yoga Challenge

12 seated poses and short mini-flows to loosen your hips, back and shoulders between strength days. 24 pages.

Every guide comes in US Letter and A4. Print the size that matches your printer, or use the PDFs on a tablet.

THE SUGGESTED ORDER

# Your 12-week path

Start with the Planner and Home Strength, move on to Calisthenics, then blend the two. Chair Yoga runs underneath all 12 weeks on your recovery days.

WEEK 0

## Get set up

**One evening before you start**

- Planner: goals (p3) and starting snapshot (p4)
- Find your protein target (Planner p6)
- Skim the Home Strength moves (p6–11)

WEEKS 1–4

## Build the base

**28-Day Home Strength Challenge**

- Follow Days 1–28 in order
- Log each week in Planner Weeks 1–4
- Check-ins: Home Strength Day 14 + Day 28, Planner Week 4 (p18)

WEEKS 5–8

## Own your bodyweight

**28-Day Calisthenics Challenge**

- Follow Days 1–28, starting at Level 1
- Log each week in Planner Weeks 5–8
- Check-ins: Calisthenics Day 14 + Day 28, Planner Week 8 (p27)

WEEKS 9–12

## Blend and level up

**Planner workouts + Calisthenics**

- Planner Workouts A + B with dumbbells (p8)
- Calisthenics Strength C circuit once a week
- Re-test at Week 12 (Planner p36) and compare with Week 0

**Every week:** **28-Day Chair Yoga Challenge on recovery days.** Day 4 and Day 7 of every week, plus any day you feel stiff or sore. Page 5 shows which flow to use.

**Why this order?** Dumbbells let you pick the load, so they're the easiest way to learn good form and build a base. Bodyweight moves then challenge balance and control, and you can do them anywhere. In Phase 3 you combine both with the Planner's two workouts.

YOUR WEEK AT A GLANCE

# The same 7-day rhythm, all 12 weeks

Both challenges use the same weekly shape, so you never have to relearn your schedule. Your guide for the phase tells you the exact moves, sets and reps for each day.

| | PHASE 1 · WEEKS 1–4<br>Home Strength | PHASE 2 · WEEKS 5–8<br>Calisthenics | PHASE 3 · WEEKS 9–12<br>Blend |
|---|---|---|---|
| **Day 1** | Strength A (lower body) | Strength A | Planner Workout A |
| **Day 2** | Core 10 + walk | Core 10 | Core 10 + walk |
| **Day 3** | Strength B (upper body) | Strength B | Planner Workout B |
| **Day 4** | Walk + Chair Yoga flow | Walk + Chair Yoga flow | Walk + Chair Yoga flow |
| **Day 5** | Strength C circuit | Strength C circuit | Calisthenics Strength C |
| **Day 6** | Core 10 | Core 10 + walk | Walk 20–30 min |
| **Day 7** | Rest + Chair Yoga wind-down | Rest + Chair Yoga wind-down | Rest + Chair Yoga wind-down |

### Shaded rows are recovery days

Days 4 and 7 use the Chair Yoga Challenge. Keep them easy: you should finish feeling better than when you started.

### Move days around if you need to

Keep the order and leave at least one easier day between Strength A, B and C. In Phase 3, Core 10 comes from your Calisthenics guide.

Short on time? Swap any strength day for the Home Strength 15-minute express (p20) in Phase 1, or the Calisthenics 10-minute express (p20) in Phases 2 and 3.

CHAIR YOGA ON YOUR RECOVERY DAYS

# Recovery is where the strength sticks

Your muscles get stronger between workouts, not during them. Gentle movement on your easy days eases stiffness and keeps the habit going without adding fatigue. Use the mini-flows in your Chair Yoga Challenge (pages 18–19).

DAY 4

## Walk + Stiff Hips & Back

Walk 15–20 minutes, then sit down for the Stiff Hips & Back mini-flow. Great after your Day 3 strength workout.

DAY 7

## Evening Wind-Down

Your rest day. Do the Evening Wind-Down before bed to relax your back and shoulders and sleep better.

ANY MORNING

## Morning Wake-Up

Feel stiff when you get up, especially the day after Strength A? A few minutes loosens you up.

DESK DAYS

## Desk Reset (5 min)

Long day sitting? Take a 5-minute break between meetings. It counts.

WANT MORE CHAIR YOGA?

## Do the full 12-pose flow

On weeks you feel good, swap the Day 4 mini-flow for the full flow on the Chair Yoga poster (p17). Use the easier options any time.

GENTLE START OPTION

## New, 60+, or coming back?

Run the 28-Day Chair Yoga Challenge first as your own “Phase 0”, then start Phase 1. Your path becomes 16 weeks, and that’s fine.

## The sore-day rule

Normal muscle soreness fades in a day or two. If a muscle is still sore on a strength day, swap that workout for a chair yoga flow and a walk, then pick up where you left off. Sharp pain, dizziness or chest discomfort means stop and check with your doctor.

YOUR HOME BASE

# How the Planner ties it together

The challenges tell you what to do each day. The Planner is where you plan your week, track the basics and see your progress. Use them side by side.

| | |
|---|---|
| **Week 0** | Fill in your goals (p3) and starting snapshot (p4). Find your daily protein target in the table on p6. |
| **Each weekend** | Open the Planner's plan page for the coming week. Write in the workouts from your challenge for Days 1–7. |
| **Each day** | Tick off your workout, protein and steps on that week's tracker page. Two minutes, tops. |
| **Weeks 4, 8, 12** | Do the Planner check-ins (p18 and p27) and the Week 12 re-test (p36). Compare with Week 0. |

## What you'll need

- 2 pairs of dumbbells: one light to medium, one heavier (Home Strength p4 helps you choose)
- A sturdy chair without wheels, and a wall
- A sturdy bench, step or the edge of a couch for incline push-ups and dips
- A mat, rug or carpet for floor moves
- Water, comfortable shoes, and a pen

## Picking your level

- Start every challenge at Level 1, even if you feel strong. Bodyweight moves feel different from dumbbell moves.
- Finish each set with about 2 reps left in the tank.
- Move to Level 2 when Level 1 feels easy for a full week.
- Go up a weight with the 2-for-2 rule (Home Strength p19).

**Two check-ins per phase.** Each challenge has its own Day 14 check-in and Day 28 re-test. The Planner check-ins look at the bigger picture: strength, steps, sleep and how your clothes fit.

12-WEEK TRACKER

# Check off every day you show up

Square = workout day. Circle = recovery day with chair yoga. Missed one? Leave it blank and keep going. Aim for a mostly-full row, not a perfect one.

| WEEK | D1 | D2 | D3 | D4 | D5 | D6 | D7 | NOTES |
|---|---|---|---|---|---|---|---|---|
| **Week 1** Home Strength | ☐ | ☐ | ☐ | ○ | ☐ | ☐ | ○ | |
| **Week 2** Home Strength | ☐ | ☐ | ☐ | ○ | ☐ | ☐ | ○ | |
| **Week 3** Home Strength | ☐ | ☐ | ☐ | ○ | ☐ | ☐ | ○ | |
| **Week 4** Home Strength | ☐ | ☐ | ☐ | ○ | ☐ | ☐ | ○ | Planner check-in |
| **Week 5** Calisthenics | ☐ | ☐ | ☐ | ○ | ☐ | ☐ | ○ | |
| **Week 6** Calisthenics | ☐ | ☐ | ☐ | ○ | ☐ | ☐ | ○ | |
| **Week 7** Calisthenics | ☐ | ☐ | ☐ | ○ | ☐ | ☐ | ○ | |
| **Week 8** Calisthenics | ☐ | ☐ | ☐ | ○ | ☐ | ☐ | ○ | Planner check-in |
| **Week 9** Planner + Cal. | ☐ | ☐ | ☐ | ○ | ☐ | ☐ | ○ | |
| **Week 10** Planner + Cal. | ☐ | ☐ | ☐ | ○ | ☐ | ☐ | ○ | |
| **Week 11** Planner + Cal. | ☐ | ☐ | ☐ | ○ | ☐ | ☐ | ○ | |
| **Week 12** Planner + Cal. | ☐ | ☐ | ☐ | ○ | ☐ | ☐ | ○ | Re-test! |

Start date: _____ Week 12 date: _____ Total days checked: _____ / 84

WHEN LIFE HAPPENS

# Quick answers for real weeks

### Missed a day?

Pick up where you left off. Don't double up workouts to catch up.

### Missed a whole week?

Repeat the last week you finished. One extra week costs you nothing.

### Too hard?

Use the easier option shown for each move, or do one less set. That still counts.

### Too easy?

Use the harder option or Level 2. With dumbbells, follow the 2-for-2 rule (Home Strength p19).

### Short on time?

Use the 15-minute express (Home Strength p20) or the 10-minute express (Calisthenics p20).

### Travelling?

Calisthenics needs no equipment. Take it with you, whatever phase you're in.

### Sore or worn out?

Make it a chair yoga day with a walk. Then carry on with your next workout.

### Finished Week 12?

Use the Weeks 5–8 pages in each challenge (Home Strength p24, Calisthenics p24) and the Planner's next-12-weeks page (p41).

### What about the QR codes inside each guide?

Each challenge has its own QR code for daily coaching emails. Your bundle emails (page 9) already walk you through the whole 12-week path, one email a week. Add a guide's daily emails only if you want a daily nudge during that phase.

YOUR FREE BUYER BONUS

# 12 weeks of coaching emails, *from me*

Your order includes one short email each week for your whole 12-week path. Each one tells you which guide to open, what to focus on, and a form tip or check-in reminder.

- Welcome email: set up your Week 0
- One email every week, Weeks 1–12
- Form fixes, check-in reminders, next steps
- Free. Unsubscribe any time.

Can't scan? Go to coachluke.com/home-workout-bundle-bonus

MORE FREE HELP

Free guides, recipes and tools in the Coach Luke Free Resource Library: coachluke.com/free-library

This bundle is for general fitness education and is not medical advice. Check with your doctor before starting a new exercise program, especially if you are pregnant, have a health condition, an injury, or have been inactive. Stop any exercise that causes pain, dizziness, chest discomfort or shortness of breath. You are responsible for exercising within your own limits. For personal use only; please don't share or resell these files. © 2026 Coach Luke, coachluke.com