

THE SCULPTED VEGAN PRESENTS



# 90-DAY HOME WORKOUT PLAN

A TOTAL BODY FITNESS PROGRAM TO USE AT HOME

[WWW.THESCULPTEDVEGAN.COM](http://WWW.THESCULPTEDVEGAN.COM)

# THE SCULPTED VEGAN HOME WORKOUT PLAN



## INTRODUCTION

Hey! For those of you who don't know me, my name is Kim Constable and I am the founder of The Sculpted Vegan, the world's largest online vegan bodybuilding company. Many people are shocked to find out that I only stepped foot in the gym for the first time in 2016, as a 37 year old mum of four homeschooled kids. I had been teaching yoga privately from my home yoga studio, but always harboured a secret desire to step on stage as a bikini athlete. Yet at 37 years of age, I believed that I was over the hill, and the dream of competing in a sparkly bikini seemed so far away and unattainable.

But one day, I walked past the mirror in my yoga studio dressed only in a thong and vest top, and caught sight

of my butt in the mirror. The sun was streaming in through the window and illuminated the skin that was starting to soften with age, and the sad state of affairs that was my rear end. I realised in that moment that if I didn't do something to change my physique the skin was only going to get saggy and the problem worse. So I researched a gym program online, downloaded it and started in the gym the very next day. When I started training I realised that it was actually a lot easier than I believed. My body started to build muscle very quickly and my shape changed almost immediately. I competed on stage only one year later and won my first show. I went on to compete another seven times in the next two years, earning my title as a pro competitor and coming 5th in the World Championships in the NABBA Federation.

The gym program that I bought had both a gym and an at-home program. I was excited to have a home program because I was a homeschooling mum of four children and I couldn't believe that I would be able to sculpt my body at home with minimal weights. However, after training using the home program for about eight weeks, I quickly realised that it was not going to give me the results I craved. It simply was not intense enough and didn't have a lot of structure around teaching me how to train to failure and get the best results for my efforts. It put me off creating a home program whenever I launched my own online company, simply because I didn't believe you could obtain any good results training from home. However, what I have realised through selling tens of thousands of programs in the last 24 months, is that there are many women who do not want to look like a physique athlete. These women do not want to sculpt huge amounts of muscle. They simply want to look leaner and more toned versions of themselves. And this is entirely possible to achieve at home. If you do train in a gym already, there may be times when you are travelling and do not have access to a full gym, and so need something to get you through an effective workout with minimal equipment. This program also caters for these times. Or there may be other times when you find yourself housebound and frustrated because you want to keep the muscle you have built or gain more, but don't know how to do it at home. This program is also perfect for this. Now that I have finally bitten the bullet and created a home program, I'm really quite excited about its existence. You can achieve great results at home if you are willing to put in the same amount of effort as somebody who is training in the gym. And the simplicity of this program means that you don't even need to leave the house to complete the workouts.

I hope you enjoy this training as much as I enjoyed creating it. If you would like a community to support you and 24-hour free coaching, be sure to [click here to join our private Facebook community](#). I am inside the Facebook group every day chatting to members and giving advice. I can't wait to get to know you better!

Cheers to a sculpted body!  
Love Kim xo



## HOW TO TRAIN FROM HOME

I always said that I would never create a home workout plan simply because without significant load, you cannot build any sizable muscle at home. However, as our company grows and we sell more and more programs, I am aware that not everybody wants to have a champion physique athlete body. Some people just want to burn fat, sculpt a little muscle and look and feel better. Some people are intimidated by the gym and would prefer not to go there. Others are limited in time due to caring for family members or children. They want a tough, effective home workout which means they don't have to leave their house.

Since I have never been one to shy away from a challenge, and since I am consistently dedicated to creating programs that my customers want, I decided to bite the bullet and create a home workout that anyone could do,

even if they are not a seasoned athlete. This home workout follows the principles of the 18 month Sculpt & Shred Program, which is designed to create an athlete's body in 18 months or under. But the beauty of this program is that it can be performed either with a full home gym, or with minimal gym equipment. Ideally you would have a range of weights in barbells, dumbbells and perhaps even a pulley system. But even if you don't, this work out can be done effectively with only two dumbbells.

The principles that we teach in our Sculpt & Shred Program is that to build significant muscle you must reach concrete muscle failure in the final set of each exercise. This requires you to increase weight every set, warming up the muscle so that you reach that final failure set at the end. ([Click here to watch a video on training to failure](#))



However, if you do not have plates, barbells and dumbbells to train this way, you can progressively overload the muscle instead, with volume and time under tension. If you have access to gym equipment at home or are willing to invest in some, then you will achieve better results and muscle growth if you train to failure. However, if you only have access to resistance bands and two dumbbells you will simply perform the exercises in another way.



# TRAINING WITH **MINIMAL EQUIPMENT**



If you do not have a home gym, and have no money or space to set one up, you will at least need to invest in a resistance band and a set of dumbbells. With this minimal equipment, you perform one set of each exercise in turn for a full one minute at a moderate to fast pace, holding the dumbbells in place. When the minute is complete you move onto the next exercise, completing the circuit of exercises. Rest for one minute and then repeat another 2 to 5 times, depending on fitness levels. Training this way will burn out the muscle, stimulating the fibres and causing them to grow, especially if you are new to training. If you are a seasoned trainer (perhaps working one of our other programs), and find yourself stuck at home or travelling, without access to a full gym, you can use the workout in this program to keep moving through the phases, simply substituting the exercises in your program for the ones in this. Then when you are back to the gym, just pick up where you left off.

## **THIS PROGRAM WILL NOT TAKE YOU TO THE COMPETITIVE STAGE**

I need to be very clear about what to expect with this program if you perform it with minimal weights and simple dumbbells. Although you will burn fat and gain strength, the muscle gain won't really be according to bodybuilding standards. So don't use this program if you are planning to compete on stage. However, if you want to look leaner, feel better and get more done in less time, then this is your solution.



## TRAINING WITH A HOME GYM

There are many women in my programs who have built inexpensive home gyms and have gotten phenomenal results. There are others who have trained at home 4 days a week, and gone to a gym solely for leg day so that they have access to the bigger machines such as leg press, hack squat, V squats etc. When I am in a busy period of growth in the business and can't afford the time to train with Mark Getty, my trainer, I train myself in various gyms. But I still make time to go to Mark for leg day. He will push me harder than I would ever be able to push myself. And it's those big failure reps that truly cause the muscle to grow.

Yet, training at home need not be hard if you pick up the basics. Every exercise that is done in a gym has an alternative that can be done with barbells or dumbbells. It's not the exercise that's important but the muscle group. Once you learn how to train the muscle groups you will realise that you can easily substitute any exercise for a home gym alternative. The most important piece about training from home is making sure that you have heavy enough equipment. You will be surprised at just how quickly you progress and add more weight. The best and most efficient way to build muscle is through adding more load ([click here to read this article on progressive overload](#)). If you can't keep adding weight you'll stall in your progress. So never underestimate yourself!

The best place to find inexpensive equipment is Facebook Marketplace, Gumtree, Craigslist, eBay or any other free advertising platform. You may need to search daily until you have what you need. But you'll be surprised at just what you can pick up very inexpensively!

[Click here to watch this live training on how to build a home gym.](#)

# WHAT IS **MUSCLE FAILURE**?

Muscle failure means that your body has recruited every single muscle fiber that it possibly can in order to shift a certain weight and it literally cannot recruit anymore and you cannot move that bar one more inch. If you still have more reps, keep going! Even if only half reps. As long as your body part can still move and complete the rep, you haven't reached failure. You should distinguish between two things: **muscle failure and mind failure**. Your mind will give up way before your muscles will.

## The 3 Types of Muscle Failure

There are three types of muscle failure that you need to understand to really make use of this concept. The first type of failure is form, the second is failure on the positive and the third is failure on the negative.

### 1. Failure on form

Most people stop when their form starts to fail. They think that keeping perfect form is of paramount importance and as soon as they stop being able to perform "perfect" reps, they stop. This is the biggest mistake new and experienced gym goers make. It is perfectly acceptable to "safely" loosen your form once you start to fail on form, which is usually in the final very heavy set. My final set practically never has perfect form after the first 1 or 2 reps. As long as you're getting a full stretch and full squeeze, it's fine to rock, swing or allow your knees to cave slightly in the final sets.

### 2. Failure on the positive

The second type of failure is on the positive part of the rep. After your form has loosened you start to grind out the final reps. You do everything you can to move that load. This is where a spotter comes in handy as they start to assist those positive reps, keeping the momentum going. A positive rep is where you are pushing the load. On a squat it's when you are pushing back up, on a pulldown it's when you are pulling down and on a barbell curl it's when you are curling the bar up. The spotter should assist your positive pushing part of the rep, but should not assist the negative part. You must control the negative as much as possible.

### 3. Failure on the negative

This is the last type of failure when the muscle has truly failed. You will feel this most acutely on an exercise such as a cable barbell curl or triceps pushdown.



You can swing the bar up or push the rope down using momentum, but when you fail to control the movement of the bar back to it's original starting point with control, you have failed. On a bench press, failure on the negative would be when you can no longer lower the bar to your chest with control. You need a spotter to assist you. On a squat, you only fail on the negative in the last rep. It can be dangerous to fail on the negative if you don't have a spotter for a big compound exercise such as a squat or a bench press, so always ensure safety first and foremost. But aim to get all three as much as you can in every single exercise, and every workout.



### **Don't stop when you reach the recommended rep range**

Every gym program will point how many reps to execute in a given set. For example, if a gym program said 10 reps, well I thought that I had to get to 10 reps, if it said 12 reps; I got 12 reps and stopped, even if I still had more in the tank. That is the worst possible thing you can do because whenever you're training, you want

to try and recruit as many muscle fibers as you possibly can. But if you push to 10 reps and you can move 10 reps, then you still have more muscle fibers to recruit. The first workout I did with my trainer Mark Getty was legs. We started with leg extensions. The plan said 4 sets of 10-12 reps, and that's what I aimed for. However, in my final set I reached 12 reps and Mark asked me to keep going, so I did another 3, and he said keep going and I did another 5, and he said keep going and I was like what on earth are we doing? I probably ended up doing 25 reps in my final set, when the plan said 12 reps! We only stopped when I couldn't even move my legs anymore!

## **Don't stop when you start to struggle**

After the leg extensions we moved onto smith squats. The first set was a warm up and I did 10 reps with the bar. The second set, Mark added 10kg on each side and I did another 10 reps. The third set he added another 10kg on each side and I thought okay this will probably be my final set so I did another 10 reps and I really struggled on the last 3 reps, most of us would probably stop there, because it just got heavy and hard.

But then he added another 10kg on **each side** and I realized we were going for a final and fourth set. My fourth set was now with 80kg when I had only been doing 60kg for my top set. To say I was shocked was an understatement. I managed the first 3 to 4 reps by myself, and if I was training alone, I would have re-racked the bar there. But I still got a 5th and a 6th rep with a little help from Mark giving me a slight lift up from either sides of the bar. I thought he was going to let me stop, instead he said keep going, so I did 7 and was really struggling, and kept going, by 8 I felt like crying, by 9 I sounded like I was giving birth, and by the 10th rep it took me probably eight to ten seconds to get from a full squat position to a standing position, and I could finally re-rack the bar and stop. That was concrete muscle failure. My mind would have probably given up on either the 3rd set or the 4th rep of the 4th set.

How can you reach muscle failure if you are training at home? Ask a friend or spouse to spot you. Your spotter should only be helping you force out those final few reps. The spotter's job is to make it harder, not easier for you. Half reps are better than no reps! Before you ask for a spot, tell your spotter that your final rep should take you 8-10 seconds and to only help you a little bit to keep the reps moving. Tell him or her that you should be struggling hard to complete the final 2-4 reps.

## Some points for you to remember:

1. First set is a warm up. You should easily have another 10-15 reps in reserve
2. Second set is also warm up, 5-10 reps in reserve
3. Third set is first working set. Only have 1-3 reps in reserve
4. Final set is failure set. Should hit total muscle failure around 8-10 reps, but if you have a spotter you aim for forced reps. This is where they (gently) help you to grind out a few more reps. They do not lift the bar for you, but rather keep the momentum going when you get stuck.
5. If you don't hit concrete muscle failure and you've got more reps in the tank:
  - A) Do more reps!
  - B) You finish your 10 reps, you re-rack the bar, you put more weight on it and you go again, Even if you only hit 5 or 6 reps, if you go to failure, your body will have recruited as many muscle fibers as it possibly can and your muscle will grow.
6. It should take you 8 -10 seconds to complete your final rep in your final set.
7. Muscle only grows in the final reps of the final set. Everything before that is just a warm up! The work begins when the pain starts. If you stop when the pain starts, you are missing out on valuable muscle growth potential.
8. Expect to be grunting, grinding, swearing and sweating in your final set of every single exercise. Your muscle only has a reason to grow if you give it a reason to grow. If you can lift or you can bench press a 40kg bar and you bench press a 40kg bar for 10 reps, then your muscle will not grow any more muscle than enough muscle to bench press 40kg. If however you go to 45kg and you only manage 4 to 5 reps and then you get a spot in the last couple of reps, well now your body realizes that your body needs enough muscle to push a 45kg bar. So your body will produce more muscle fibers, your muscles will grow and you will get stronger. If you always work within the range that you have right now, you will never progress. You need to push harder. You need to progressively overload, preferably with weight to make your muscle grow.

# BUILDING A HOME GYM

To build a home gym, here is a list of the minimum equipment you will need:

## ESSENTIAL

- Squat rack, or adjustable barbell stands
- Olympic bars (20Kg and 10kg)
- Plates (mixture of 20, 15, 10, 5, 2.5 and 1.5kg)
- Dumbbells (adjustable weight is best)
- Bench, preferably adjustable for incline and flat
- Pull up bar
- Dip Stands (for triceps and chest dips)
- EZ Bar
- Clips
- V Bar Handle (for T Bar Rows)
- Cobra Grips (for deadlifts and pulling work)
- Power Guidance pad for glute bridges

## USEFUL

- Bike park racks to store weight plates
- Rubber mats for grip
- Treadmill or step mill for cardio
- Mirrors for checking form
- Music to get you pumping
- Lifting gloves
- Yoga mat for stretching
- Foam rollers for rolling tight muscles

If you have access to a home gym, then you will have a greater choice of exercises using this program as you can substitute dumbbells for barbells or cables. Unless the dumbbells are very heavy, barbells will give you a greater

## PREFERABLE

Cable system that works from bottom or top with various attachments:

- Wide bar
- V Bar
- Rope
- Flat Bar
- EZ Bar
- Handles
- Lat Pulldown (requires bench with knee supports)
- Leg Extension (can work from pulley machine)
- Lying Leg Curl (can work from pulley machine)

bang for your buck when it comes to squats, deadlifts, Romanian deadlifts, bent over rows etc. You can sub out exercises such as military presses, biceps curls and skull crushers with either barbell or dumbbell. If you are in the 18 Month Sculpt & Shred Program, please refer to the exercise substitution guide for a full list of exercises available. Or you can simply stick to this home program as laid out and challenge yourself more with the exercises. Using heavy dumbbells for the exercises listed will work many muscle groups and not only burn more fat, but also build functional strength.





## 90 DAY **HOME WORKOUT PLAN**

### 5 DAY SPLIT

#### TRAINING NOTES:

##### **HOME GYM**

If you have a full set of weights and/or home gym and can increase weight each time, perform 4 sets x 10-12 reps of each exercise, hitting failure on the last set. If you haven't reached total failure in the final reps of the final set, either increase the weight or add more reps. Do not repeat the circuit.

##### **MINIMAL EQUIPMENT**

If you do not have a full set of weights or home gym, perform each exercise for 1 minute each, at a mid to fast pace before moving onto the next exercise with no rest. At the end of the circuit, rest for 1 minute before starting again. REPEAT circuit X 3 times

DB = Dumbbell

BB = Barbell



## MONDAY

### CHEST & TRICEPS

[Incline DB bench press](#)  
[Flat DB or BB bench press](#)  
[Incline DB chest fly](#)  
[Triceps press up](#)  
[Two arms DB triceps extension](#)  
[Lying DB or BB triceps extension](#)  
[Close grip DB or BB bench press](#)

### CARDIO

Run as fast as you can either outside, or on a treadmill for 30 seconds. Walk for 30 seconds, then repeat x 10. 30 seconds on, 30 seconds off.

## TUESDAY

### LEGS (QUAD FOCUSED)

[Bulgarian split squat with dumbbells](#)  
[Goblet or BB squat with band](#)  
[Front squat DB, BB or kettlebell](#)  
[Step ups with dumbbell](#)  
[DB walking lunges](#)  
[Single leg deadlift, DB or kettlebell](#)

### CARDIO

Run as fast as you can either outside, or on a treadmill for 30 seconds. Walk for 30 seconds, then repeat x 10. 30 seconds on, 30 seconds off.



## WEDNESDAY

### BACK

Wide grip pull up or DB Reverse fly (if no pull up bar available)

Bent over DB row (one arm)

DB Ys

DB Narrow row

DB or BB Wide grip row

DB Romanian deadlift

DB Lat pullover

### CARDIO

Run as fast as you can either outside, or on a treadmill for 30 seconds. Walk for 30 seconds, then repeat x 10. 30 seconds on, 30 seconds off.

## THURSDAY

### SHOULDERS & BICEPS

Standing or seated military press, DB or BB

DB Side lateral raise, both arms

DB bent over rear delt fly

DB or BB upright row

DB or BB front raise

DB or BB biceps curl, both arms

DB hammer curl

DB preacher curl or concentration curl

### CARDIO

Run as fast as you can either outside, or on a treadmill for 30 seconds. Walk for 30 seconds, then repeat x 10. 30 seconds on, 30 seconds off.





## FRIDAY

### LEGS - GLUTES & HAMSTRINGS FOCUSED

Banded sidewalks - 20 steps each way

DB Deadlift

DB Good mornings

Single leg glute bridge

Frog reverse hyper

DB Single leg deadlift

Bulgarian split squat with dumbbells

### CARDIO

Run as fast as you can either outside, or on a treadmill for 30 seconds. Walk for 30 seconds, then repeat x 10. 30 seconds on, 30 seconds off.



# SO, WHAT NOW?

BRAND NEW LIVE MASTERCLASS

## THE 5 LITTLE-KNOWN SECRETS TO BURNING STUBBORN BODY FAT AT THE GYM & HOME!

and Sculpting Muscular Curves... on a plant based diet

Give me just 60 minutes and I'll teach you exactly how to ramp up your metabolism, burn off fat (even in the hardest to shift places) and transform your body with muscular curves ... on a vegan diet!

I Created This Masterclass for ONE Purpose...

**TO GET REAL RESULTS, FOR REAL PEOPLE, WITH REAL LIVES**

Whether you've tried every program, weight loss club and diet in the past, and your results are nowhere near a world record... Even if you don't even want an athlete's body... (hell, you just want a leaner body...!)

Join me and find out exactly why bodybuilders are some of the leanest people in the world. We don't work harder than anyone else, we just know what works.

**THIS MASTERCLASS IS A MUST ATTEND IF...**

- ✓ You're in your more "mature" years and want to get lean, strong and fit before it's too late.
- ✓ You used to be in good shape, but you got injured or ill, and you want to get back to feeling healthy and strong .
- ✓ You have an inner athlete just screaming to get out and you can't ignore it any longer. You want a body that is totally shredded and makes people sit up and say "wow".

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