



CREATE MY WORKOUT

ANYTIME, ANYWHERE, NO EXCUSES

Take The Guessing Out Of Your Workout Programming

Congrats and welcome to
The Create My Workout App.
I'm so excited to start this
journey with you.

When using this App, you will:

Gain self esteem and confidence

Boost your energy to get through the busy days

Burn up to 1500 extra calories each week

Learn new exciting exercises to keep you motivated

Gain full body strength and muscular tone

Enjoy effective workouts that you can repeat over
and over all year

Have FUN working out!

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Who Is Alex Smith


About Myself:

Hey!

My name is Alex Smith, I am a certified personal trainer through the nationally accredited American Council on Exercise, and a graduate from Northern Arizona University, where I studied Health Psychology, Biology, Exercise Science, and Nutritional Science. My enthusiasm for general health and wellbeing began back when I was just a boy participating in every sport I could sign up for. During high school I ran cross country, and played lacrosse, football, tennis, and volleyball. I have been helping family members and friends attain their health fitness goals since I was twelve years old, and have been training the public for ten years now. In 2008 I started my own business, At Your Door Personal Training, LLC and my main focuses have been In-Home Personal Training, Skype/Facetime Personal Training, and Online Program Writing.

My Philosophy:

I feel that exercise should be an exciting event and people should not dread going to the gym, which is why I chose to bring the "gym" to my clients. I like to keep my clients healthy and happy by implementing the latest research in the fitness world mixed with enjoyable exercise techniques that will keep their bodies constantly guessing and improving. People will stay motivated as long as they are enjoying their exercise regimen, and I always ensure that my clients are motivated. I continue my education on exercise and health daily by reading the latest research and fitness news. I also remain active in the gym and the sports community by exercising 7 days a week whether I am strength training, running, or playing lacrosse, volleyball, or tennis.




PEOPLE WILL
STAY MOTIVATED
AS LONG AS THEY
ARE ENJOYING
THEIR EXERCISE
REGIMEN

Why I Started The Create My Workout App:

The Problem:

I have spent 10 professional years in the health and fitness community, as well as grew up engulfed in the sports and fitness world. In that time, I have come across, what seems like an infinite amount of training programs, and I have tried just about all of them. Some of them are great, and some are total duds, but regardless of that, the one big problem that they all have is the workouts get mundane and repetitive after a while. Eventually our bodies will adapt to these basic programs and we will not be achieving the maximum results that we could. Also, a lot of these programs come with a hefty price tag to and all you end up getting is a PDF file with some pictures and a list of exercises to do. Some require all the equipment in the world's best gyms. Although, I do enjoy these types of programs, and they have their place in fitness world for the hard-core gym goers, they come with their limitations based on the equipment you may or may not have available to you. So, to combat the need for all of the gym



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equipment, others have created the “do anywhere” bodyweight workouts. These too, are great for what they are, however they tend to be very limited in their exercises and get boring in a hurry. With that said, there are two, much bigger problems with these programs. Most of them don't take into account your current fitness level. They also only have basic images showing you how to do difficult complex moves that require key safety pointers, in order to do them properly and effectively. So many times, I have seen people bring their PDF workout files into the gym and attempt to perform a complex lift, or an extreme exercise that is way beyond their expertise, all while trying to study and mimic these images without any verbal guidance. If I am not there to step in to help it is easy to see how these two problems combined can lead to very ineffective workouts, as well as serious injury.

The Solution:

These workout programs are what prompted me to create something better. They are why I have spent the last 4 years creating the AYDPT Online Workout Generator © to provide the most effective, personalized, exciting, and safe workouts to anyone, anywhere, with any equipment. The generator has over 800 different exercises, and counting as I am always adding to it. Each of which is equipped with video and image demonstrations to ensure proper form. It is extremely customizable and can be tweaked to your every personal need. You are able to input your fitness expertise level, and improve it as you improve, to make sure you get appropriate exercises. Also, you can input the equipment that have available to you on that day, so that you aren't stuck with exercises you can't even perform. Furthermore, you can increase or decrease the amount of time in which you want to exercise. So, on a day that got away from you, you can always find time for a 10 minute workout. Or, on a day that you are feeling extra pumped, you can crank up the duration to 60 mins. While all of that is amazing, I haven't even mentioned the best news about the Four-Week Program you are about to start. After you have finished, you can repeat it again and it will provide you with a whole new exercise experience while still geared toward the same goal with the same focus and precision!

**The Create My Workout App © Truly Can
Do It All!**

**This App Will Provide You With An
Ongoing, Ever Changing, Comprehensive
Workout Program That Grows And Improves
As You Do.**

How The Program Works:

How To Log In: Click This Link <https://atyourdoorpt.com/my-account/>

Login: "User Name" Created When Purchasing Your Subscription

Password: "Password" Created When Purchasing Your Subscription

View My Profile:

After logging in, you may be directed to your personal dashboard to start. From here you can always access your personal account details. To enter the Create My Workout App click the "Workouts" link. Once at the home page of the App, click on the "View My Profile" button near the bottom of the page. Here you can check off the apparatuses you always have available to you (if that changes you can always check off different ones from the home page), as well as set your expertise level (general guideline: if you are injury/ailment free, and capable of fast paced/explosive exercise movements you'll be a 5 expertise) one final thing you can do in the profile page is add in your estimated one rep max weights, for a variety of strength exercises. These values will be used to give you the proper weight you should be lifting if you generate a "strength" program. If you generate "mixed", or "endurance", it will allow you to input the weight that you used for each set and each exercise.

View My Stats:

Near the bottom of the home page next to the "View My Profile" button, you'll also see a "View My Workout History" button (We'll address this later), and a "View My Stats" button. Click the "View My Stats" button and you'll be directed to a page where you can enter specific stats about yourself, to compare later to track your progress. You'll input your max push ups, chin ups, pull ups (these stats will get used in your workouts to give proper rep range). You'll enter your body weight, and if you have a scale that can measure the next two, you'll enter your body fat %, as well as hydration % (should strive for >60%), and you'll be able to enter your circumference measurements of various areas of your body to compare to future measurements for progress checks.

Getting Started With A Workout:

From the home/main page, you can get a workout in a variety of different ways. There is the "Workout Generator", "AYDPT's Personalized Workouts", and "My Purchased Programs". All you will have to do is make sure you input whatever equipment you have available to you that day, and then simply adjust the variables in the way that I list in your training program for that day's workout. Then click "Generate My Workout"

*Keep in mind, these are suggestions, to provide you with the best well rounded weekly workout routine, but you can always adjust them to your personal needs.

Workout Page:

Once you click "Generate My Workout" you'll come to the workout page. At the top, you'll see a key with instructions and information regarding the workouts, along with a couple exercise disclaimers. To the left of each exercise is a "Video Play" icon you can click to see a video demo of what to do with pointers for each move along with an "Image" to show the beginning and end of exercises if you just need a quick refresher. Just to the right of the icons, is the "Exercise" you'll be performing, next is the "Reps" for that exercise, followed by the "Sets" for the exercise, and then the "Weight" you should use (specified, for "Strength" Exercises, or generalized for your choice) On the right side of the page you'll see a "Sets Rem" column. This is where you can click off the sets as you go so you don't have to remember what you have and haven't done. At the bottom left of this page, you will see an area where you can write in any and all notes you might want to remember about that workout. Once you are finished with your workout (even if you don't do all the sets) you'll click the "Done and Done" button and you'll see an overview of what you did all time stamped for each set along with your estimated calorie expenditure based on your type of workout and time spent exercising. In addition, that information gets emailed to me so I can see what you did, how it all went, along with your notes you took. So, if you have any questions or thoughts you can write them in the notes section as well. That way I can keep up with your progress and keep you motivated. (If you want me to, I can disable this feature as well)

View My Workout History Page:

After clicking the "View My Workout History" button you'll be directed to a scroll down page. In this page, you'll be able to reference any workout you have finished, to review, check times, go over notes, and keep track of how many past workouts you've done, etc.

Feel free to email me if you ever think of anything you would like added, or if you have any questions or concerns about anything!

How To Earn Your Freebies!

Earn a FREE MONTH (up to 12 months) of the Create My Workout App ©:

- Follow me on all three social media platforms to get fitness tips and inspiration daily
 - Instagram - @atyourdoorptalex
 - Facebook - @atyourdoorptalex
 - Twitter - @atyourdoorpt
- Take, and email me, your “before pictures”
- Take, and email me, your “after pictures” every 4 weeks
- Provide me with your initial measurements and weight
- Provide me with your new measurements and weight every 4 weeks
- Post about your workouts on social media and tag me in them
- Post your before and after pictures on social media and tag me in them
- Refer a friend to purchase their own subscription to the Create My Workout App ©

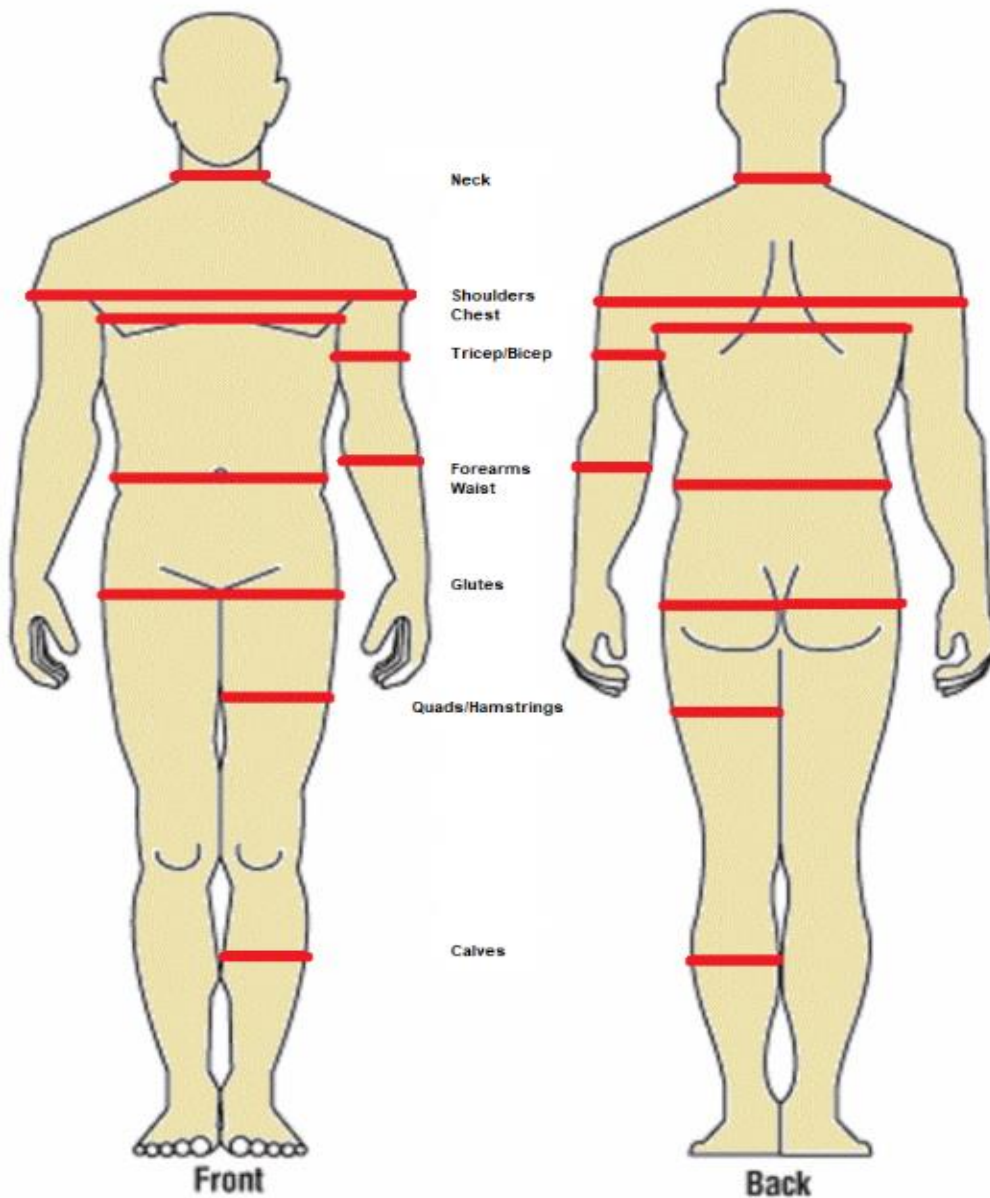
Taking a Good Before/After Pic:

- Find a place in your home with good natural light to take your pictures
- Wear the same thing in your before AND after pics
- Take forward, side, and backward facing pics to document ALL of your accomplishments
- Try to have the lighting be as similar as possible in both sets of pictures
- Stand the same distance from the camera in both sets of pictures
- Have your full body or knees and up fill the frame of the photo - in other words, don't be too far away from the camera or you won't see your progress!
- Wear something that will show off the amazing progress you have been making!
- Have the same stance in your before And after pics

How to Take Measurements:

Get out your measuring tape and record your measurements in your "View My Stats" Section of your profile! See the picture demo for proper measuring guidelines and how to!

Body Measurements



Logging Your Measurements

In addition to keeping your profile stats up to date, you can fill out this form by hand to track your progress over a three month period.

Measurements In Inches	Week 1 Day 1	Week 5 Day 1	Week 9 Day 1	Week 12 Final Day
Neck				
Shoulders				
Chest				
Tricep/Bicep				
Forearms				
Waist				
Glutes				
Quads/Hamstrings				
Calves				

FOUR-WEEK

5 DAYS/WEEK

TRAINING

PROGRAM



WEEK 1

- Day 1: Quads/Calves/Abs
 - Lower Body
 - Endurance
 - 30 Min
 - Focus-Calves, Quads
 - Rest-Glutes, Hamstrings
- Day 2: Chest/Triceps
 - Upper Body
 - Mixed
 - 30 Min
 - Focus-Blank
 - Rest-Back, Biceps, Shoulders, Abs
- Day 3: Back/Biceps/Abs
 - Upper Body
 - Mixed
 - 30 Min
 - Focus-Blank
 - Rest-Chest, Shoulders, Triceps
- Day 4: Rest
- Day 5: Hamstrings/Glutes
 - Lower Body
 - Mixed
 - 30 Min
 - Focus-Glutes, Hamstrings
 - Rest-Abs, Calves, Quads
- Day 6: Arms/Shoulders/Abs
 - Upper Body
 - Endurance
 - 30 Min
 - Focus-Biceps, Shoulders, Triceps
 - Rest-Back, Chest (Leave Blank If Bodyweight Only)
- Day 7: Rest

WEEK 2

- Day 1: Quads/Calves/Abs
 - Lower Body
 - Mixed
 - 30 Min
 - Focus-Calves, Quads
 - Rest-Glutes, Hamstrings
- Day 2: Chest/Triceps
 - Upper Body
 - Endurance
 - 30 Min
 - Focus-Blank
 - Rest-Back, Biceps, Shoulders, Abs
- Day 3: Back/Biceps/Abs
 - Upper Body
 - Endurance
 - 30 Min
 - Focus-Blank
 - Rest-Chest, Shoulders, Triceps
- Day 4: Rest
- Day 5: Hamstrings/Glutes
 - Lower Body
 - Endurance
 - 30 Min
 - Focus-Glutes, Hamstrings
 - Rest-Abs, Calves, Quads
- Day 6: Arms/Shoulders/Abs
 - Upper Body
 - Mixed
 - 30 Min
 - Focus-Biceps, Shoulders, Triceps
 - Rest-Back, Chest (Leave Blank If Bodyweight Only)
- Day 7: Rest

WEEK 3

- Day 1: Quads/Calves/Abs
 - Lower Body
 - Mixed
 - 30 Min
 - Focus-Calves, Quads
 - Rest-Glutes, Hamstrings
- Day 2: Chest/Triceps
 - Upper Body
 - Mixed
 - 30 Min
 - Focus-Blank
 - Rest-Back, Biceps, Shoulders, Abs
- Day 3: Back/Biceps/Abs
 - Upper Body
 - Endurance
 - 30 Min
 - Focus-Blank
 - Rest-Chest, Shoulders, Triceps
- Day 4: Rest
- Day 5: Hamstrings/Glutes
 - Lower Body
 - Mixed
 - 30 Min
 - Focus-Glutes, Hamstrings
 - Rest-Abs, Calves, Quads
- Day 6: Arms/Shoulders/Abs
 - Upper Body
 - Endurance
 - 30 Min
 - Focus-Biceps, Shoulders, Triceps
 - Rest-Back, Chest (Leave Blank If Bodyweight Only)
- Day 7: Rest

WEEK 4

- Day 1: Quads/Calves/Abs
 - Lower Body
 - Endurance
 - 30 Min
 - Focus-Calves, Quads
 - Rest-Glutes, Hamstrings
- Day 2: Chest/Triceps
 - Upper Body
 - Endurance
 - 30 Min
 - Focus-Blank
 - Rest-Back, Biceps, Shoulders, Abs
- Day 3: Back/Biceps/Abs
 - Upper Body
 - Mixed
 - 30 Min
 - Focus-Blank
 - Rest-Chest, Shoulders, Triceps
- Day 4: Rest
- Day 5: Hamstrings/Glutes
 - Lower Body
 - Mixed
 - 30 Min
 - Focus-Glutes, Hamstrings
 - Rest-Abs, Calves, Quads
- Day 6: Arms/Shoulders/Abs
 - Upper Body
 - Mixed
 - 30 Min
 - Focus-Biceps, Shoulders, Triceps
 - Rest-Back, Chest (Leave Blank If Bodyweight Only)
- Day 7: Rest

FOUR-WEEK

4 DAYS/WEEK

TRAINING

PROGRAM



WEEK 1

- Day 1: Quads/Calves/Abs
 - Lower Body
 - Endurance
 - 30 Min
 - Focus-Calves, Quads
 - Rest-Glutes, Hamstrings
- Day 2: Chest/Triceps/Shoulders
 - Upper Body
 - Mixed
 - 30 Min
 - Focus-Blank
 - Rest-Abs, Back, Biceps
- Day 3: Rest
- Day 4: Back/Biceps/Abs
 - Upper Body
 - Mixed
 - 30 Min
 - Focus-Blank
 - Rest-Chest, Shoulders, Triceps
- Day 5: Hamstrings/Glutes
 - Lower Body
 - Mixed
 - 30 Min
 - Focus-Glutes, Hamstrings
 - Rest-Abs, Calves, Quads
- Day 6: Rest
- Day 7: Rest

WEEK 2

- Day 1: Quads/Calves/Abs
 - Lower Body
 - Mixed
 - 30 Min
 - Focus- Calves, Quads
 - Rest- Glutes, Hamstrings
- Day 2: Chest/Triceps/Shoulders
 - Upper Body
 - Endurance
 - 30 Min
 - Focus-Blank
 - Rest- Abs, Back, Biceps
- Day 3: Rest
- Day 4: Back/Biceps/Abs
 - Upper Body
 - Endurance
 - 30 Min
 - Focus-Blank
 - Rest-Chest, Shoulders, Triceps
- Day 5: Hamstrings/Glutes
 - Lower Body
 - Endurance
 - 30 Min
 - Focus-Glutes, Hamstrings
 - Rest-Abs, Calves, Quads
- Day 6: Rest
- Day 7: Rest



WEEK 3

- Day 1: Quads/Calves/Abs
 - Lower Body
 - Mixed
 - 30 Min
 - Focus-Calves, Quads
 - Rest-Glutes, Hamstrings
- Day 2: Chest/Triceps/Shoulders
 - Upper Body
 - Mixed
 - 30 Min
 - Focus-Blank
 - Rest-Abs, Back, Biceps
- Day 3: Rest
- Day 4: Back/Biceps/Abs
 - Upper Body
 - Endurance
 - 30 Min
 - Focus-Blank
 - Rest-Chest, Shoulders, Triceps
- Day 5: Hamstrings/Glutes
 - Lower Body
 - Mixed
 - 30 Min
 - Focus-Glutes, Hamstrings
 - Rest-Abs, Calves, Quads
- Day 6: Rest
- Day 7: Rest



WEEK 4

- Day 1: Quads/Calves/Abs
 - Lower Body
 - Endurance
 - 30 Min
 - Focus-Calves, Quads,
 - Rest-Glutes, Hamstrings
- Day 2: Chest/Triceps/Shoulders
 - Upper Body
 - Endurance
 - 30 Min
 - Focus-Blank
 - Rest-Abs, Back, Biceps
- Day 3: Rest
- Day 4: Back/Biceps/Abs
 - Upper Body
 - Mixed
 - 30 Min
 - Focus-Blank
 - Rest-Chest, Shoulders, Triceps,
- Day 5: Hamstrings/Glutes
 - Lower Body
 - Mixed
 - 30 Min
 - Focus-Glutes, Hamstrings
 - Rest-Abs, Calves, Quads
- Day 6: Rest
- Day 7: Rest



FOUR-WEEK

3 DAYS/WEEK

TRAINING

PROGRAM



WEEK 1

- Day 1: Quads/Hamstrings/Glutes/Calves/Abs
 - Lower Body
 - Mixed
 - 30 Min
 - Focus-Quads
 - Rest-Blank
- Day 2: Rest
- Day 3: Chest/Back/Abs
 - Upper Body
 - Endurance
 - 30 Min
 - Focus-Back, Chest
 - Rest-Biceps, Shoulders, Triceps
- Day 4: Rest
- Day 5: Arms/Shoulders/Abs
 - Upper Body
 - Mixed
 - 30 Min
 - Focus-Biceps, Shoulders, Triceps
 - Rest-Back, Chest (Leave Blank If Bodyweight Only)
- Day 6: Rest
- Day 7: Rest

WEEK 2

- Day 1: Hamstrings/Glutes/Abs
 - Lower Body
 - Endurance
 - 30 Min
 - Focus-Blank
 - Rest-Calves, Quads
- Day 2: Rest
- Day 3: Arms/Chest/Back/Shoulders/Abs
 - Upper Body
 - Mixed
 - 30 Min
 - Focus-Back, Chest
 - Rest- Blank
- Day 4: Rest
- Day 5: Quads/Calves/Abs
 - Lower Body
 - Mixed
 - 30 Min
 - Focus-Blank
 - Rest-Glutes, Hamstrings
- Day 6: Rest
- Day 7: Rest



WEEK 3

- Day 1: Quads/Hamstrings/Glutes/Calves/Abs
 - Lower Body
 - Mixed
 - 30 Min
 - Focus-Hamstrings
 - Rest-Blank
- Day 2: Rest
- Day 3: Chest/Back/Abs
 - Upper Body
 - Mixed
 - 30 Min
 - Focus- Back, Chest
 - Rest-Biceps, Shoulders, Triceps
- Day 4: Rest
- Day 5: Arms/Shoulders/Abs
 - Upper Body
 - Endurance
 - 30 Min
 - Focus-Biceps, Shoulders, Triceps
 - Rest-Back, Chest (Leave Blank If Bodyweight Only)
- Day 6: Rest
- Day 7: Rest



WEEK 4

- Day 1: Quads/Calves/Abs
 - Lower Body
 - Endurance
 - 30 Min
 - Focus-Blank
 - Rest-Glutes, Hamstrings
- Day 2: Rest
- Day 3: Arms/Chest/Back/Shoulders/Abs
 - Upper Body
 - Mixed
 - 30 Min
 - Focus-Biceps, Triceps, Shoulders
 - Rest- Blank
- Day 4: Rest
- Day 5: Hamstrings/Glutes/Abs
 - Lower Body
 - Mixed
 - 30 Min
 - Focus-Blank
 - Rest-Calves, Quads
- Day 6: Rest
- Day 7: Rest

