Canelith

TRAINING COLLECTION

FREE SAMPLE · TRAINING GUIDE · HOME AND GYM

FULL BODY

Your whole body in 3 days a week, from beginner to advanced: the basic movements, routines by level and how to combine it with the other guides.

Free sample | Full Day 1 | 3 levels



With Canela and Minchu

INSIDE

1 The test to find your level

2 The warm-up and the final stretch

3 Day 1 at home for all 3 levels

4 The technique for every exercise of the day

5 The words in the guide, explained

6 How to get the full guide

Your team in this guide

You don't train alone. Each character joins you in one part of the guide and leaves you a tip.



Canela

The golden pup in the pink dress. She leads the team.

WELCOME, HOW TO COMBINE IT WITH THE OTHER CANELITH GUIDES, FREQUENTLY ASKED QUESTIONS



Minchu

The tabby cat. Curious, always asking why.

UNDERSTANDING YOUR MUSCLES, MYTHS THAT HOLD YOU BACK, GYM PLAN



Oliver

The gray cat who likes to lie down. Pure calm.

TECHNIQUE THAT CHANGES EVERYTHING, HABITS THAT SUPPORT YOUR TRAINING



Thunderbolt

The turtle. Slow, but never stops.

CHOOSE YOUR LEVEL AND PROGRESS



Bella

The black dog with curly fur. The strong one of the group.

WHAT YOU NEED



Wilson

The white and orange cat, always up and on the move.

WARM-UP, CARDIO AND STRETCHING



Merlyna

The bunny. Steady and cheerful, step by step.

HOME PLAN



Technique
before weight

Consistency
before intensity

Rest
as part of the plan



Canela says start here: how the guide works and how to get the most out of it.

Welcome

This guide trains your whole body in every session: legs, hips, back, chest, shoulders, arms and abs. You train 3 days a week, on the days you choose, always with a rest day in between: for example Monday, Wednesday and Friday.

It's the best option if you're short on time, if you're just starting out or if you want a complete plan without having to think about what to train each day. Each session has 5 exercises: one squat or single-leg exercise, one for the hips, one push, one pull and one for your abs.

HOW TO USE THIS GUIDE

1. Read the chapters on muscles and technique first. They're short and help you avoid mistakes.
2. Take the level test and start at the level you get.
3. Choose your plan: home or gym. Stick with the same plan for at least 4 weeks.
4. Warm up before every workout; stretch when you finish.
5. Level up when the guide tells you to, not before.

Three rules: technique before weight, consistency before intensity and rest as part of the plan.

A word you don't understand? At the end you'll find "Words you'll see", with every word in the guide explained simply: p. 13. And each day of the plan comes with its own "How to read this day".

1 · Test
take the level test

2 · Choose
home or gym

3 · Progress
level up when it's time



Thunderbolt moves slowly but never stops. Start where you are, not where you'd like to be.

Choose your level and progress

Take this test before you start, resting 2 minutes between each part. Your level is the highest row you fully meet. If you're torn between two, start with the easier one.

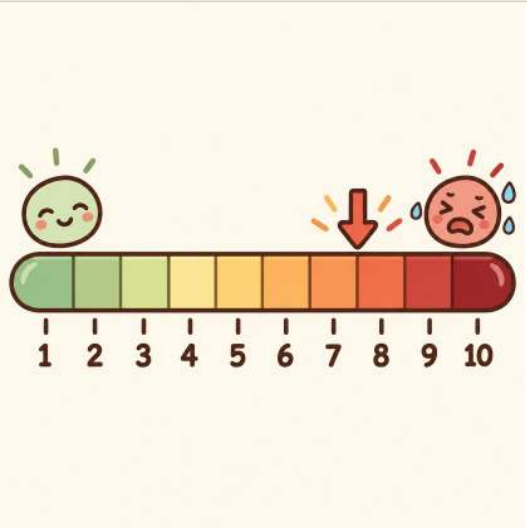
TEST	BEGINNER	INTERMEDIATE	ADVANCED
Air squat, with good technique	Fewer than 15	15 to 30	More than 30
Incline push-ups on a sturdy table	Fewer than 8	8 to 15	More than 15
Single-leg glute bridge (per side)	Fewer than 8	8 to 15	More than 15
Forearm plank, without your hips sagging	Less than 30 s	30 to 60 s	More than 60 s

WHAT CHANGES BETWEEN LEVELS

	BEGINNER	INTERMEDIATE	ADVANCED
Sets per exercise	2	3	4
Reps	10 to 12	10 to 15	8 to 12
Rest between sets	75 s	75 to 90 s	90 s
Weight	Your body weight	Band or light dumbbells	Dumbbells, heavy band or a weighted backpack
Exercises	With support and on two legs	Without support and some on one leg	On one leg, with pauses and more weight

How much weight should I use? The effort scale: after each set, ask yourself how many more reps you could do with good technique. That answer tells you whether the weight is right.

EFFORT	HOW IT FEELS	WHEN TO USE IT
5 to 6 out of 10	You have 4 or more reps left.	Warm-up, first week and deload week.
7 to 8 out of 10	You have 2 or 3 reps left.	Most of your sets.
9 out of 10	You have 1 rep left.	Only the last set of an exercise, now and then, at intermediate and advanced.
10 out of 10	You can't do a single one more.	Optional, intermediate and advanced only: the last set of a machine or single-muscle exercise.



If you have more than 4 reps left, go up in weight. If you can't reach the bottom of the range, go down.

What about going to failure? What helps muscle grow most is ending your sets **close** to failure, with 1 to 3 reps in reserve. Going to failure (when you can't do a single one more) doesn't build more muscle than stopping 1 or 2 reps short, but it's much more tiring and makes it harder to recover for your next session. You don't need it to get stronger either: stopping 2 or 3 reps short with a challenging weight is enough. That's why in this guide:

- **Most of your sets:** 7 to 8 out of 10 (2 or 3 reps left).
- **The last set of an exercise:** you can go up to 9 out of 10 (1 rep left).
- **Failure (10 out of 10), only if you want and only at intermediate and advanced:** on the last set of machine or single-muscle exercises, like biceps curls, lateral raises, leg extensions or machine hamstring curls. With perfect technique to the very last rep.
- **Never to failure:** on squats, deadlifts or barbell presses, if you're a beginner, or if you train without anyone to help you with a barbell over you.

When to level up: when you complete all the sets and reps for your level with good technique for 2 weeks in a row.

When to step down: if you feel pain in a joint, if you lose your technique on the last reps or if you don't recover for the next session.

OTHER WAYS TO MAKE IT HARDER WITHOUT CHANGING LEVEL

- Do more reps within the range.
- Add weight: a stronger band, a dumbbell, a full bottle or a backpack with books.
- Lower more slowly (3 seconds).
- Pause for 1 or 2 seconds at the bottom.
- Switch to the single-leg or single-arm version.
- Do supersets: two exercises back to back without rest (for example, the leg exercise and the row) and rest after finishing both.

Increase only one thing at a time: first reps, then weight.

Your block plan (12 weeks): the plan moves forward in 3 blocks of 4 weeks. In each block you push a little more and finish with an easy week so your body recovers and you come back stronger.

WEEK	WHAT YOU DO	EFFORT
1	Learn or review the technique and find your weight. Write it down.	6 to 7 out of 10
2	Add reps within the range.	7 to 8 out of 10
3	Add a set or a little weight.	7 to 8 out of 10
4 · Deload	Half the sets, with your week 1 weight.	5 to 6 out of 10
5 to 8	Repeat the block, starting from what you reached in week 3.	Same as above
9 to 12	Repeat once more. In week 12, retake the level test.	Same as above

IF YOU MISS SESSIONS OR TAKE A BREAK

- **You missed a day:** carry on with the day that was next. Don't do two sessions on the same day to catch up.
- **You stopped for 1 or 2 weeks:** come back with one fewer set per exercise and a bit less weight. In a week or two you'll be back where you were.
- **You stopped for a month or more:** retake the level test and start at the level you get.
- **You got sick:** with a fever, aches all over or a chesty cough, don't train. With a mild cold and no fever, you can walk or do an easy session.

Your log: write down each exercise with the weight and reps of every set. If you go up a little each week, you're on the right track.

EXERCISE	WEEK 1	WEEK 2	WEEK 3
Example: goblet squat	8 kg (18 lb) · 12, 12, 11	8 kg (18 lb) · 13, 12, 12	10 kg (22 lb) · 12, 11, 11

Read it like this: "8 kg (18 lb) · 12, 12, 11" is the weight you used and the reps you did in each set.



Wilson never starts cold and never leaves without stretching.

Warm-up, cardio and stretching

Warm-up (8 to 10 min, all levels)



1 MOBILITY — 3 min



Shoulder and arm circles 1 min

30 s forward and 30 s backward, starting small and finishing with your arms straight.



Hip circles 1 min

Hands on your waist, big circles, 30 s in each direction.



Standing trunk twists 1 min

Arms loose, turn your torso from side to side. Your hips face forward.

2 FULL-BODY ACTIVATION — 4 min



Glute bridge 1 min
Slow, squeezing for 1 second at the top.



Band row 1 min
Gently, driving your elbows toward your ribs. No band: squeeze your shoulder blades together for 2 seconds and release.



Dead bug 1 min
On your back, stretch one arm back and the opposite leg forward without your lower back leaving the floor; alternate.



Short plank 1 min
Two rounds of 20 s on your forearms, with 20 s of rest. Beginner: knees down.

3 RAISE YOUR HEART RATE — 2 to 3 min



High knee march 1 min
March on the spot, bringing your knees up to hip height and moving your arms.



Air squat 1 min
Slow, going as low as you can with good technique.



Good morning 1 min
Hands behind your head, hip hinge with a straight back.

Your warm-up is done when your body feels warm, you're breathing a little faster and your joints feel loose.

Final stretch (5 min)



1 **Hip flexor**
in a lunge position with your back knee on the floor, push your hips forward. 30 s per side.



2 **Standing quad**
holding on to a wall, bring your heel toward your butt without arching your back. 30 s per side.



3 **Hamstring stretch**
on your back, raise one straight leg and hold it with your hands or a towel. 30 s per side.



4 **Chest against the wall**
rest your forearm on a door frame and turn your torso the other way. 30 s per side.



5 **Child's pose**
kneeling, sit back on your heels and stretch your arms forward. 30 s.



Wilson's tip: breathe slowly while you stretch. Stretching shouldn't hurt: look for a gentle pull.



Merlyna trains 3 days a week, on the days you choose, with a rest day in between.

Home plan

You train 3 days a week, with a rest day in between. Each day works your whole body with 5 different exercises.

HOW EACH DAY WORKS

1. Warm up for 10 minutes.
2. Do the day's 5 exercises in order. Finish all the sets of one exercise before moving on to the next.
3. Rest between sets as your level says.
4. Do the cardio for your level, right then or on a day off.
5. Stretch for 5 minutes.

LEVEL	SETS	REPS	REST BETWEEN SETS	APPROX. TIME
BEGINNER	2	10 to 12	75 s	35 min without cardio
INTERMEDIATE	3	10 to 15	75 to 90 s	45 min without cardio
ADVANCED	4	8 to 12	90 s	55 min without cardio

In single-leg or single-arm exercises, the reps are per side. In isometric exercises, you hold for the time shown.

Sample week: Monday Day 1, Wednesday Day 2, Friday Day 3.

WHAT YOUR WEEK LOOKS LIKE

	M	T	W	T	F	S	S
EXAMPLE 1	Day 1	Rest	Day 2	Rest	Day 3	Rest	Rest
EXAMPLE 2	Rest	Day 1	Rest	Day 2	Rest	Day 3	Rest
5 DAYS	Day 1	Easy cardio and core	Day 2	Cardio and mobility	Day 3	Rest	Rest

Want to move Monday to Friday? Do strength 3 days and, on the days in between, 30 to 40 minutes of easy cardio (brisk walking, cycling or the elliptical) and 10 minutes of mobility or abs. Don't do full-body strength two days in a row: muscle needs about 48 hours to recover.

Pick the 3 days that suit you best, always with a rest day between them.

DAY 1

Squat, push and row

legs, chest and back

Squat: lowering your hips as if to sit down, then standing back up.

Push: moving the weight away from your body, as in a push-up or a press.

How to read this day: find the column for your level. Do the exercises in order, from top to bottom, and finish all the sets of one before moving on to the next. At the top of each column you'll find your sets, reps, rest and what weight to use. "3 × 12 to 15" means 3 sets of 12 to 15 reps. How to do each exercise, step by step, is in the catalog: the page number is next to each one. A word you don't know? Look it up in "Words you'll see", p. 13.

BEGINNER

2 sets × 10 to 12 reps · rest 75 s
Weight: Your body weight



1. **Chair squat** — TECHNIQUE P. 11



2. **Wall push-up** — TECHNIQUE P. 11



3. **Band row** — TECHNIQUE P. 11



4. **Glute bridge** — TECHNIQUE P. 12



5. **Dead bug** — TECHNIQUE P. 12

INTERMEDIATE

3 sets × 10 to 15 reps · rest 75 to 90 s
Weight: Band or light dumbbells



1. **Goblet squat** — TECHNIQUE P. 11



2. **Incline push-up** — TECHNIQUE P. 11



3. **Single-arm band row** — TECHNIQUE P. 12



4. **Single-leg bridge** — TECHNIQUE P. 12



5. **Plank 30 s**

ADVANCED

4 sets × 8 to 12 reps · rest 90 s
Weight: Dumbbells, heavy band or a weighted backpack



1. **Goblet squat with pause at the bottom** — TECHNIQUE P. 11



2. **Push-up** — TECHNIQUE P. 11



3. **Single-arm dumbbell row** — TECHNIQUE P. 12



4. **Couch hip thrust with weight**



5. **Plank shoulder taps** — TECHNIQUE P. 12

Tip: in the push-up, your body moves as one block, from head to heels. If your hips sag, go back to the easier version.

Intense finisher (optional)

If you want to finish with something that makes you sweat, at the end of your workout do these 4 exercises back to back: 30 seconds all out and 20 seconds of rest between each one. That's one round. Do 2 rounds. Skip it if something hurts that day or you slept very badly.



BEGINNER	INTERMEDIATE	ADVANCED
 1 High knee march	 1 Jumping jacks	 1 Burpee with jump-out
 2 Front punches (boxing)	 2 Skater	 2 Jump squat
 3 Air squat	 3 Mountain climbers	 3 Mountain climbers + burpee
 4 Side steps with arm raises	 4 Jump squat	 4 Skater

Short on time? Do the exercises as supersets: 1 with 2, 3 with 4, and 5 on its own. Rest after finishing each pair.

Minchu shows every exercise with its illustration, how to do it and the most common mistake.

Exercise catalog

Each exercise explains how to do it and the most common mistake.

Home



Chair squat

Feet shoulder-width apart. Push your hips back until you touch the chair and stand up without sitting all the way.

Common mistake: Letting your knees cave in.



Goblet squat

Hold a dumbbell, bottle or backpack close to your chest. Go as low as you can with a straight back and stand up pushing through your heels.

Common mistake: Lifting your heels off the floor.



Wall push-up

Standing facing the wall, hands at chest height. Bend your elbows, bringing your chest toward the wall, and push back.

Common mistake: Letting your head drop forward.



Incline push-up

Hands on a sturdy table or the edge of the couch. Body in a straight line; lower your chest toward the support and push.

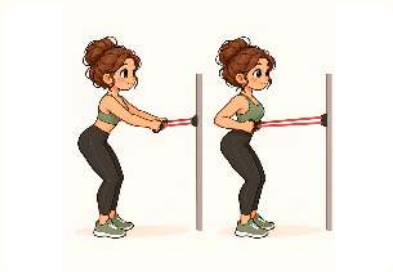
Common mistake: Letting your hips sag.



Push-up

Hands slightly wider than your shoulders, body in a straight line. Lower your chest close to the floor and push. You can put your knees down.

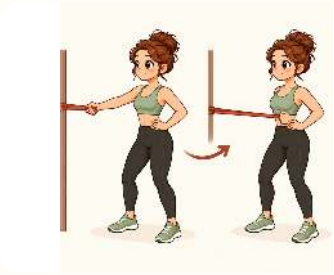
Common mistake: Flaring your elbows out to the sides in a T shape.



Band row

Sitting with your legs straight and the band around your feet, or standing with the band tied in front of you. Drive your elbows back, close to your body.

Common mistake: Shrugging your shoulders up to your ears.



Single-arm band row

Like the band row, one arm at a time, with your torso still.

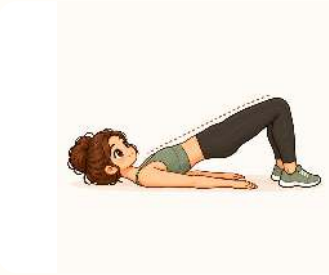
Common mistake: Twisting your torso to pull further.



Single-arm dumbbell row

One hand and one knee on a chair or bench, back straight. Bring the dumbbell toward your hip.

Common mistake: Pulling with your arm instead of driving your elbow back.



Glute bridge

On your back, knees bent and feet hip-width apart. Lift your hips until you make a line from knees to shoulders and squeeze at the top for 1 s.

Common mistake: Arching your lower back instead of squeezing your glutes.



Single-leg bridge

A bridge with one leg straight out in front or bent toward your chest. Lift with the planted leg.

Common mistake: Rotating your hips to one side.



Dead bug

On your back, arms up to the ceiling and knees at 90°. Stretch one arm back and the opposite leg forward without your lower back leaving the floor; alternate.

Common mistake: Arching your back as you stretch your leg.



Plank shoulder taps

High plank with your feet apart. Touch the opposite shoulder with one hand and alternate.

Common mistake: Rocking your hips.



Canela says your health always comes first.

Before you start: your health first

This guide is for healthy people who want to train on their own; it doesn't replace an assessment by a doctor or a trainer. Check with a professional before you start if:

- You're pregnant or gave birth less than 6 months ago.
- You have back, shoulder, hip, knee or wrist pain.
- You've had a recent injury or surgery.
- You have high blood pressure or a heart condition, or you haven't exercised in a long time.

Stop right away if you feel dizzy or have chest pain, shortness of breath that doesn't go away, tingling, loss of strength or sharp pain in a joint. Muscle soreness in the following days is normal; stabbing pain is not.



Minchu explains every unusual word in the guide.

Words you'll see

If a word in the guide isn't clear, look it up here.

WORD	WHAT IT MEANS
Rep	Doing the movement once, all the way, for example going down and up in a squat.
Set	A group of reps done in a row, without stopping. “3 × 12” means 3 sets of 12 reps.
Range	The numbers you work between. “10 to 12” means at least 10 and at most 12.
Rest between sets	The time you wait between one set and the next of the same exercise.
Effort 8 out of 10	How hard the set was. At 8 out of 10 you have about 2 more reps left with good technique.
Failure	When you can't do a single more rep with good technique. Getting close to failure helps you grow; reaching failure doesn't build more muscle and is more tiring. In this guide it's optional and only for machine or single-muscle exercises.
Main exercise	The heaviest exercise of the day at the gym. It goes first, when you have the most energy, and gets more rest.
Accessory exercises	The ones that complete the day after the main exercise, with less weight and more reps.
Warm-up sets	Short sets with light weight before the main exercise, to get your technique ready. They don't count as your sets.
Superset	Two exercises back to back, with no rest between them. You rest after finishing both.
Isometric	You hold still in one position and the muscle works without moving, like in a plank.
Pause	Holding still for 1 or 2 seconds at the hardest point of the movement.
Single leg or single arm	The exercise is done one side at a time. The reps are per side.
Hip hinge	Bending from the hips, pushing your butt back with a straight back, like in the Romanian deadlift.
Core	Your abs, waist and lower back: the area that keeps your torso firm.
Progressive overload	Gradually adding reps, sets or weight so your body keeps improving.
Deload week	An easy week every 4, with fewer sets and less weight, to recover.
Talk test	A way to tell if your cardio is moderate: you can say short sentences, but you can't sing.

Canela: this is a sample. The full guide takes you through 12 weeks, step by step.

Did you like Day 1? Get the full guide

Full body with Canela and Minchu includes the 3 home days and the 3 gym days for all 3 levels, the test to find your level, how to level up, the 12-week plan, the technique for every exercise with its illustration, habits, frequently asked questions and your printable log.

7 USD at **canelith.com/en/shop** → Training · or all 6 guides in the **Training pack**.

Want a routine built just for you? Book your **initial assessment** with our coach at **canelith.com/en**, Training section.



"Your body doesn't change in a day. It changes with every day you choose to come back."

Come back to this guide every time you level up. And if you want a plan made just for you, ask for **personal training** at **canelith.com/en**.

Canelith · Done well. Explained clearly.

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This guide is for information only and doesn't replace an assessment by a doctor, physical therapist or trainer.