DESCRIPTION FOR: At-Home Workout Program (no equipment needed)

Current Description:

Do not need dumbbells or any equipment. All optional, I am going to teach you guys how to create your own weights from daily tools in your house

Suggested Description (Free Value) 👇 👇 👇

One of the main reasons why most beginners can't bring themselves to go to the gym is because they feel intimidated. Trust me, I know exactly how that feels.

That's why I created this home workout program for you guys. It's designed to help you build muscle and confidence without ever having to leave your house. You won't need any fancy equipment or weights. I'm going to show you how to use things you already have lying around to create your own workout space. So, if you're ready to get stronger and build confidence without feeling judged, then this program is perfect for you.

Overcome your gym anxiety and get started today.

What Is Included In This Program

- Designed workout splits to maximize muscle growth
- Exact sets, reps, and rest times
- A variety of bodyweight exercises and progressions
- Creative and effective exercises using house items
- Demos for every exercise to make sure you perform them correctly

Reviews And Body Transformations

 I'd add reviews and comments about the program, this will help create social proof and boost sales.

FAQ's

- How fast will It take to see results?

  to see results from working out at home varies based on several factors (genetics, nutrition, etc...) However, I have put this program together to specifically help beginners grow muscle, so you can expect to see results within a few weeks.

- Is this program suitable for Intermediate/Advanced lifters?

  No, if you are not a beginner trainee, I recommend you check the "**ADVANCED VERSION**" of the program.

- Is this program designed for men/women only?

Definitely not! This program is designed to help anyone looking to build both muscular size and strength. With a focus on targeting all the muscles in the body, your gender doesn't matter as long as you put in the work consistently.

- How many days do I have to train per week?

This program is a "Number"x per week.

PS: this is just a draft since I have no access to the programs, some information might be inaccurate.