

NO EQUIPMENT HOME WORKOUTS: COMBINED WORKOUTS

Workouts that combine strength development and aerobic exercise are some of the more time-efficient ways to exercise. When adapting to working out at home, having some easy to follow routines that require no equipment can help with the transition.

This guide is designed to help you build or maintain strength and your aerobic fitness without equipment while away at home. Herein are weekly workouts for those that wish to train 2, 4, or 6 times each week. Each of these programs includes ways to make the exercises harder or easier depending on your fitness levels.

See the following pages and select the workout that is most appropriate for you. Above all, listen to your body and use your best judgement when approaching an exercise program on your own.

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2X/WEEK: BEGINNER

2x/week spaced evenly throughout week (e.g. M/Th, T/F, W/Sa).

- This workout is built around multiple sets of three exercises. Alternate sets of exercises A/B/C and rest in between groups of exercises.

- The length of the workout varies by how many sets you choose. Start low and work your way up.

Click on the exercise for a video. Rest time is between each set of an exercise.

#	EXERCISE	MUSCLES WORKED	SETS	REPS/TIME	REST	NOTES
1	Joint Mobility Warm-Up	Whole Body	1	5-10 min	N/A	Use video or your own dynamic warm up.
2A	Bodyweight Squats	Quads, Glutes, Hamstrings	2-4	8-10 reps	Rest 1-2 min after	Sit back, heels down, knees open, squat low, hold onto counter as needed.
2B	Modified Push-Up	Chest, Triceps, Shoulders	2-4	8-10 reps		Use a counter or piece of sturdy furniture.
2C	Walking Jacks	Whole Body	2-4	30 sec		Stay light on toes.
3A	Door Frame Row	Back, Biceps, Grip	2-4	8-10 reps	Rest 1-2 min after	Squeeze shoulder blades together, stop if grip starts to fatigue.
3B	Split Squat	Quads, Glutes, Hamstrings	2-4	6-8/leg		Back straight, hold on for balance if needed.
3C	High Steps	Whole Body	2-4	30 sec		Keep chest up. Skip video instruction on "high jog."
4A	Penguin Crunch	Abs and Obliques	2-4	15/side	Walk in place 5 min to cool down	Tuck chin slightly, tap heels.
4B	Grapevine	Whole Body	2-4	30 sec		Stay light on toes.
4C	Heel Touches	Whole Body	2-4	30 sec		Keep chest up. Perform slowly.

2X/WEEK: INTERMEDIATE

2x/week spaced evenly throughout week (e.g. M/Th, T/F, W/Sa).

- This workout is built around multiple sets of three exercises. Alternate sets of exercises A/B/C and rest in between groups of exercises.

- The length of the workout varies by how many sets you choose. Start low and work your way up.

Click on the exercise for a video. Rest time is between each set of an exercise.

#	EXERCISE	MUSCLES WORKED	SETS	REPS/TIME	REST	NOTES
1	Joint Mobility Warm-Up	Whole Body	1	5-10 min	N/A	Use video or your own dynamic warm up.
2A	Bodyweight Squats	Quads, Glutes, Hamstrings	3-4	12-15 reps	Rest 60-90 sec after	Sit back, heels down, knees open, squat low.
2B	Push-Ups	Chest, Triceps, Shoulders	3-4	8-10 reps		Lower chest to ground.
2C	Jumping Jacks	Whole Body	3-4	45 sec		Stay light on toes.
3A	Table Row	Back, Biceps, Grip	3-4	8-10 reps	Rest 60-90 sec after	Only perform on sturdy table. If not sturdy, use door frame row above.
3B	Single Leg Deadlift	Glutes, Hamstrings	3-4	8-10/leg		Keep back straight, hinge at hips.
3C	Skater Hops	Whole Body	3-4	45 sec		Keep weight back. Maintain knee alignment.
4A	Up/Down Plank	Abs and Obliques	3-4	8-10 reps	Walk in place 5 min to cool down	Keep hips and shoulders square.
4B	High Knee	Whole Body	3-4	45 sec		Keep chest up.
4C	"Jump Rope"	Whole Body	3-4	45 sec		As jump rope but no rope.

2X/WEEK: ADVANCED

2x/week spaced evenly throughout week (e.g. M/Th, T/F, W/Sa).

- This workout is built around multiple sets of three exercises. Alternate sets of exercises A/B/C and rest in between groups of exercises.

- The length of the workout varies by how many sets you choose. Start low and work your way up.

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#	EXERCISE	MUSCLES WORKED	SETS	REPS/TIME	REST	NOTES
1	Joint Mobility Warm-Up	Whole Body	1	5-10 min	N/A	Use video or your own dynamic warm up.
2A	Jump Squats	Quads, Glutes, Hamstrings	3-5	8 reps	Rest 45-60 sec after	Land softly. Make each jump count, don't go too fast.
2B	Feet Elevated Push-Ups	Chest, Triceps, Shoulders	3-5	8-10 reps		Lower chest to ground.
2C	"Jump Rope"	Whole Body	3-5	60 sec		As jump rope but no rope.
3A	Table Row	Back, Biceps, Grip	3-5	12-15 reps	Rest 45-60 sec after	Only perform on sturdy table. If not sturdy, use door frame row above.
3B	Single Leg Squat	Quads, Glutes, Hamstrings	3-5	3-8/leg		Hold on for balance as needed. Keep heel flat.
3C	Burpee	Whole Body	3-5	4-8 reps		Jump as high as possible.
4A	V-Up	Abs	3-5	8-10 reps	Walk in place 5 min to cool down	Keep hips tucked under.
4B	Dand Push-ups	Triceps, Shoulder, Chest	3-6	12-15 reps		Swoop chest over ground.
4C	Baithak Squats	Quads, Glutes, Hamstrings	3-6	15-20 reps		Build good cadence.

4X/WEEK: BEGINNER

4x/week spaced evenly throughout week (e.g. M/T/Th/F, T/W/F/Sa).

- This workout is built around multiple sets of three exercises. Alternate sets of exercises A/B/C and rest in between groups of exercises.
- The length of the workout varies by how many sets you choose. Start low and work your way up.
- Every other workout, perform in reverse order (i.e. A4/B4, A3/B3, A2/B2). Every 3rd workout, decrease each set by 1 over the previous workout (i.e. if you performed 3 sets last workout, drop to 2).

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2A	Bodyweight Squats	Quads, Glutes, Hamstrings	2-4	8-10 reps	Rest 1-2 min after	Sit back, heels down, knees open, squat low, hold onto counter as needed.
2B	Modified Push-Up	Chest, Triceps, Shoulders	2-4	8-10 reps		Use a counter or piece of sturdy furniture.
2C	Walking Jacks	Whole Body	2-4	30 sec		Stay light on toes.
3A	Door Frame Row	Back, Biceps, Grip	2-4	8-10 reps	Rest 1-2 min after	Squeeze shoulder blades together, stop if grip starts to fatigue.
3B	Split Squat	Quads, Glutes, Hamstrings	2-4	6-8/leg		Back straight, hold on for balance if needed.
3C	High Steps	Whole Body	2-4	30 sec		Keep chest up. Skip video instruction on "high jog."
4A	Penguin Crunch	Abs and Obliques	2-4	15/side	Walk in place 5 min to cool down	Tuck chin slightly, tap heels.
4B	Grapevine	Whole Body	2-4	30 sec		Stay light on toes.
4C	Heel Touches	Whole Body	2-4	30 sec		Keep chest up. Perform slowly.

4X/WEEK: INTERMEDIATE

4x/week spaced evenly throughout week (e.g. M/T/Th/F, T/W/F/Sa).

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2C	Jumping Jacks	Whole Body	3-4	45 sec		Stay light on toes.
3A	Table Row	Back, Biceps, Grip	3-4	8-10 reps	Rest 1-2 min after	Only perform on sturdy table. If not sturdy, use door frame row above.
3B	Single Leg Deadlift	Glutes, Hamstrings	3-4	8-10/leg		Keep back straight, hinge at hips.
3C	Skater Hops	Whole Body	3-4	45 sec		Keep weight back. Maintain knee alignment.
4A	Up/Down Plank	Abs and Obliques	3-4	8-10 reps	Walk in place 5 min to cool down	Keep hips and shoulders square.
4B	High Knee	Whole Body	3-4	45 sec		Keep chest up.
4C	"Jump Rope"	Whole Body	3-4	45 sec		As jump rope but no rope.

4X/WEEK: ADVANCED

4x/week spaced evenly throughout week (e.g. M/T/Th/F, T/W/F/Sa).

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3B	Single Leg Squat	Quads, Glutes, Hamstrings	3-5	3-8/leg		Hold on for balance as needed. Keep heel flat.
3C	Burpee	Whole Body	3-5	4-8 reps		Jump as high as possible.
4A	V-Up	Abs	3-5	8-10 reps	Walk in place 5 min to cool down	Keep hips tucked under.
4B	Dand Push-ups	Triceps, Shoulder, Chest	3-6	45 sec		Swoop chest over ground.
4C	Baithak Squats	Quads, Glutes, Hamstrings	3-6	45 sec		Build good cadence.

6X/WEEK: BEGINNER

6x/weeks. Perform strength exercise 2-3x/wk. You must take a rest day.

- This workout is built around multiple sets of paired exercises. Alternate sets of exercises A/B and rest in between pairs.
- The length of the workout varies by how many sets you choose. Start low and work your way up.
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- Every 3rd workout, decrease each set by 1 over the previous workout (i.e. if you performed 3 sets last workout, drop to 2).
- Every 5th workout, take an additional day off.

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