

NO EQUIPMENT HOME WORKOUTS: STRENGTH WORKOUTS

The key to strength training is performing challenging exercises for repetitions and multiple sets. To make an exercise more challenging in the gym, one simply lifts heavier weights. At home, and with little or no equipment, the exercises themselves must become more challenging.

This guide is designed to help you build or maintain strength 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 and goals.

In addition to this strength program, aerobic exercise is necessary for maintaining good health as well as helping stay fit and de-stress while we're all at home. 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). Perform aerobic exercise 2-3x/wk on off days.

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.
2	Bodyweight Squats	Quads, Glutes, Hamstrings	3	8-10 reps	30-45 sec	Sit back, heels down, knees open, squat low, hold onto counter as needed.
3	Modified Push-Up	Chest, Triceps, Shoulders	3	8-10 reps	30-45 sec	Use a counter or piece of sturdy furniture.
4	Door Frame Row	Back, Biceps, Grip	3	8-10 reps	30-45 sec	Squeeze shoulder blades together, stop if grip starts to fatigue.
5	Split Squat	Quads, Glutes, Hamstrings	3	6-8/leg	20-30 sec	Back straight, hold on for balance if needed.
6	Penguin Crunch	Abs, Obliques	3	15/side	15-30 sec	Tuck chin slightly, tap heels.
7	Glute Bridge	Glutes, Hamstrings	3	10-12 reps	15-30 sec	Lift hips up all the way.
8	Plank	Abs	2-3	20-45 sec	15-30 sec	Hold plank on elbows.
9	Bird Dog	Abs, Lower Back	2-3	10/side	15-30 sec	Keep hips and shoulders square.

2X/WEEK: INTERMEDIATE

2x/week; spaced evenly throughout week (e.g. M/Th, T/F, W/Sa). Perform aerobic exercise 2-3x/wk on off days.

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.
2	Bodyweight Squats	Quads, Glutes, Hamstrings	4	12-15 reps	30 sec	Sit back, heels down, knees open, squat low.
3	Push-Ups	Chest, Triceps, Shoulders	4	8-10 reps	30 sec	Lower chest to ground.
4	Table Row	Back, Biceps, Grip	4	8-10 reps	30 sec	Only perform on sturdy table. If not sturdy, use door frame row above.
5	Backward Lunge	Quads, Glutes, Hamstrings	3	10/leg	30 sec	Back straight. Alternate each rep.
6	Sit-Up	Abs	3	15-20 reps	15-30 sec	Curl up, don't hinge.
7	Single Leg Deadlift	Glutes, Hamstrings	3	8-10/leg	15-30 sec	Keep back straight, hinge at hips.
8	Up/Down Plank	Abs, Obliques	2-3	8-10 reps	15-30 sec	Keep hips and shoulders square.
9	Back Extension	Lower Back	2-3	10-12 reps	15-30 sec	Lengthen as you lift.

2X/WEEK: ADVANCED

2x/week; spaced evenly throughout week (e.g. M/Th, T/F, W/Sa). Perform aerobic exercise 2-3x/wk on off days.

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.
2	Jump Squats	Quads, Glutes, Hamstrings	4	8 reps	30 sec	Land softly. Make each jump count, don't go too fast.
3	Feet Elevated Push-Ups	Chest, Triceps, Shoulders	4	8-10 reps	30 sec	Lower chest to ground.
4	Table Row	Back, Biceps, Grip	4	12-15 reps	30 sec	Only perform on sturdy table. If not sturdy, use door frame row above.
5	Single Leg Squat	Quads, Glutes, Hamstrings	3	3-8/leg	30 sec	Hold on for balance as needed. Keep heel flat.
6	V-Up	Abs	3	8-10 reps	15-30 sec	Keep hips tucked under.
7	Single Leg Elevated Glute Bridge	Glutes, Hamstrings	3	8-10/leg	15-30 sec	Lift hips to full extension.
8	Reverse Crunches	Abs, Obliques	3	12-15 reps	15-30 sec	Lift with abs, don't swing.
9	Rotating Side Plank	Lower Back	3	45-60 sec	15-30 sec	Keep core straight.

4X/WEEK: BEGINNER

4x/week; spaced evenly throughout week (e.g. M/T/Th/F, T/W/F/Sa). Perform aerobic exercise 2-3x/wk on off days.

• Every 3rd workout, decrease all sets by 1.

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.
2	Bodyweight Squats	Quads, Glutes, Hamstrings	3	8-10 reps	30-45 sec	Sit back, heels down, knees open, squat low, hold onto counter as needed.
3	Modified Push-Up	Chest, Triceps, Shoulders	3	8-10 reps	30-45 sec	Use a counter or piece of sturdy furniture.
4	Door Frame Row	Back, Biceps, Grip	3	8-10 reps	30-45 sec	Squeeze shoulder blades together, stop if grip starts to fatigue.
5	Split Squat	Quads, Glutes, Hamstrings	3	6-8/leg	20-30 sec	Back straight, hold on for balance if needed.
6	Penguin Crunch	Abs, Obliques	3	15/side	15-30 sec	Tuck chin slightly, tap heels.
7	Glute Bridge	Glutes, Hamstrings	3	10-12 reps	15-30 sec	Lift hips up all the way.
8	Plank	Abs	2-3	20-45 sec	15-30 sec	Hold plank on elbows.
9	Bird Dog	Abs, Lower Back	2-3	10/side	15-30 sec	Keep hips and shoulders square.

4X/WEEK: INTERMEDIATE

4x/week; spaced evenly throughout week (e.g. M/T/Th/F, T/W/F/Sa). Perform aerobic exercise 2-3x/wk on off days.

• Every 3rd workout, decrease all sets by 1.

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.
2	Bodyweight Squats	Quads, Glutes, Hamstrings	4	12-15 reps	30 sec	Sit back, heels down, knees open, squat low.
3	Push-Ups	Chest, Triceps, Shoulders	4	8-10 reps	30 sec	Lower chest to ground.
4	Table Row	Back, Biceps, Grip	4	8-10 reps	30 sec	Only perform on sturdy table. If not sturdy, use door frame row above.
5	Backward Lunge	Quads, Glutes, Hamstrings	3	10/leg	30 sec	Back straight. Alternate each rep.
6	Sit-Up	Abs	3	15-20 reps	15-30 sec	Curl up, don't hinge.
7	Single Leg Deadlift	Glutes, Hamstrings	3	8-10/leg	15-30 sec	Keep back straight, hinge at hips.
8	Up/Down Plank	Abs, Obliques	2-3	8-10 reps	15-30 sec	Keep hips and shoulders square.
9	Back Extension	Lower Back	2-3	10-12 reps	15-30 sec	Lengthen as you lift.

4X/WEEK: ADVANCED

4x/week; spaced evenly throughout week (e.g. M/T/Th/F, T/W/F/Sa). Perform aerobic exercise 2-3x/wk on off days.

• Every 3rd workout, decrease all sets by 1.

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.
2	Jump Squats	Quads, Glutes, Hamstrings	4	8 reps	30 sec	Land softly. Make each jump count, don't go too fast.
3	Feet Elevated Push-Ups	Chest, Triceps, Shoulders	4	8-10 reps	30 sec	Lower chest to ground.
4	Table Row	Back, Biceps, Grip	4	12-15 reps	30 sec	Only perform on sturdy table. If not sturdy, use door frame row above.
5	Single Leg Squat	Quads, Glutes, Hamstrings	3	3-8/leg	30 sec	Hold on for balance as needed. Keep heel flat.
6	V-Up	Abs	3	8-10 reps	15-30 sec	Keep hips tucked under.
7	Single Leg Elevated Glute Bridge	Glutes, Hamstrings	3	8-10/leg	15-30 sec	Lift hips to full extension.
8	Reverse Crunches	Abs, Obliques	3	12-15 reps	15-30 sec	Lift with abs, don't swing.
9	Rotating Side Plank	Lower Back	3	45-60 sec	15-30 sec	Keep core straight.

6X/WEEK: BEGINNER

6x/week; spaced evenly throughout week. Perform aerobic exercise 2-3x/wk in addition. Take at least 1 rest day.

- Every 3rd workout, decrease all sets by 1.
 - Alternate each workout between A and B exercises (e.g. Day 1 do A1, A2, A3... Day 2 do B1, B2, B3...).
- Click on the exercise for a video. Rest time is between each set of an exercise.

#	EXERCISE	MUSCLES WORKED	SETS	REPS/TIME	REST	NOTES
A1 B1	Joint Mobility Warm-Up	Whole Body	1	5-10 min	N/A	Use video or your own dynamic warm up.
A1	Bodyweight Squats	Quads, Glutes, Hamstrings	3	8-10 reps	30-45 sec	Sit back, heels down, knees open, squat low, hold onto counter as needed.
B1	Modified Push-Up	Chest, Triceps, Shoulders	3	8-10 reps	30-45 sec	Use a counter or piece of sturdy furniture.
A2	Split Squat	Quads, Glutes, Hamstrings	3	6-8/leg	20-30 sec	Back straight, hold on for balance if needed.
B2	Door Frame Row	Back, Biceps, Grip	3	8-10 reps	30-45 sec	Squeeze shoulder blades together, stop if grip starts to fatigue.
A3	Glute Bridge	Glutes, Hamstrings	3	10-12 reps	15-30 sec	Lift hips up all the way.
B3	Triceps Dip	Triceps, Shoulders	3	10-12 reps	30-45 sec	Go as low as comfortable.
A4	Penguin Crunch	Abs, Obliques	3	15/side	15-30 sec	Tuck chin slightly, tap heels.
B4	Back Extension	Lower Back	2-3	10-12 reps	15-30 sec	Lengthen as you lift.
A5	Plank	Abs	2-3	20-45 sec	15-30 sec	Hold plank on elbows.
B5	Bird Dog	Abs, Lower Back	2-3	10/side	15-30 sec	Keep hips and shoulders square.

6X/WEEK: INTERMEDIATE

6x/week; spaced evenly throughout week. Perform aerobic exercise 2-3x/wk in addition. Take at least 1 rest day.

- Every 3rd workout, decrease all sets by 1.
 - Alternate each workout between A and B exercises (e.g. Day 1 do A1, A2, A3... Day 2 do B1, B2, B3...).
- Click on the exercise for a video. Rest time is between each set of an exercise.

#	EXERCISE	MUSCLES WORKED	SETS	REPS/TIME	REST	NOTES
A1 B1	Joint Mobility Warm-Up	Whole Body	1	5-10 min	N/A	Use video or your own dynamic warm up.
A1	Bodyweight Squats	Quads, Glutes, Hamstrings	4	8-10 reps	30 sec	Sit back, heels down, knees open, squat low, hold onto counter as needed.
B1	Push-Ups	Chest, Triceps, Shoulders	4	8-10 reps	30 sec	Lower chest to ground.
A2	Backward Lunge	Quads, Glutes, Hamstrings	3	6-8/leg	30 sec	Back straight. Alternate each rep.
B2	Table Row	Back, Biceps, Grip	4	8-10 reps	30 sec	Only perform on sturdy table. If not sturdy, use door frame row above.
A3	Single Leg Deadlift	Glutes, Hamstrings	3	10-12 reps	15-30 sec	Keep back straight, hinge at hips.
B3	Triceps Dip	Triceps, Shoulders	3	10-12 reps	30-45 sec	Elevate feet on chair. Go as low as comfortable.
A4	Sit-Up	Abs, Obliques	3	15/side	15-30 sec	Curl up, don't hinge.
B4	Back Extension	Lower Back	3	10-12 reps	15-30 sec	Lengthen as you lift.
A5	Up/Down Plank	Abs, Obliques	2-3	20-45 sec	15-30 sec	Keep hips and shoulders square.
B5	Tabletop Extension	Arms, Lower Back	2-3	10/side	15-30 sec	Lift hips to full height.

6X/WEEK: ADVANCED

6x/week; spaced evenly throughout week. Perform aerobic exercise 2-3x/wk in addition. Take at least 1 rest day.

- Every 3rd workout, decrease all sets by 1.
 - Alternate each workout between A and B exercises (e.g. Day 1 do A1, A2, A3... Day 2 do B1, B2, B3...).
- Click on the exercise for a video. Rest time is between each set of an exercise.

#	EXERCISE	MUSCLES WORKED	SETS	REPS/TIME	REST	NOTES
A1 B1	Joint Mobility Warm-Up	Whole Body	1	5-10 min	N/A	Use video or your own dynamic warm up.
A1	Jump Squats	Quads, Glutes, Hamstrings	4	8 reps	30 sec	Land softly. Make each jump count, don't go too fast.
B1	Feet Elevated Push-Ups	Chest, Triceps, Shoulders	4	8-10 reps	30 sec	Lower chest to ground.
A2	Single Leg Squat	Quads, Glutes, Hamstrings	3	3-8/leg	30 sec	Hold on for balance as needed. Keep heel flat.
B2	Table Row	Back, Biceps, Grip	4	12-15 reps	30 sec	Only perform on sturdy table. If not sturdy, use door frame row above.
A3	Single Leg Elevated Glute Bridge	Glutes, Hamstrings	3	8-10/leg	15-30 sec	Lift hips to full extension.
B3	One-Arm Push-Up	Triceps, Chest, Shoulders	5	3-5/side	30 sec	Follow progression in video.
A4	V-Up	Abs	3	8-10 reps	15-30 sec	Keep hips tucked under.
B4	Side Lying Crunches	Obliques	3	15/side	15-30 sec	Use just the oblique.
A5	Reverse Crunches	Abs	3	12-15 reps	15-30 sec	Lift with abs, don't swing.
B5	Rotating Side Plank	Abs, Obliques	3	45-60 sec	15-30 sec	Keep core straight.