

Minimal Equipment Home Strength Training

Full Body Option: Train 3-4 times per week. Take one day rest between workouts

	Easier ←-----→ Harder		
Exercise 1	<u>Body Weight Squat</u> 3x12 reps 	<u>Goblet Squat</u> 3x12 reps 	<u>Goblet Squat With 5s Iso Hold</u> 3x12 reps 
Exercise 2	<u>Modified Push-Up</u> 3x12 reps 	<u>Push-Up</u> 3x12 reps 	<u>Incline Push-Up</u> 3x12 reps 
Exercise 3	<u>Lunge</u> 3x10 reps per leg 	<u>Bulgarian Split Squat</u> 3x10 reps per leg 	<u>Bulgarian Split Squat with Weight</u> 3x12 reps per leg 
Exercise 4	<u>Laundry Detergent Row</u> 3x12 reps 	<u>Banded Row</u> 3x12 reps 	<u>Backpack Row</u> 3x12 reps 
Exercise 5	<u>Modified Plank</u> 3x30 secs 	<u>Plank</u> 3x30 secs 	<u>Plank with Shoulder Touches</u> 3x30 secs 
Exercise 6	<u>Leg Only Deadbugs</u> 3x20 reps 	<u>Deadbugs</u> 3x20 reps 	<u>Banded Deadbugs</u> 3x20 reps 

Upper Body/Lower Body Split Option: Train 2-3 times per week of EACH workout. Alternate lower and upper body workouts; you can work out on consecutive days.

Upper Body Workout

Easier ←-----→ Harder			
Exercise 1	Modified Push-Up 3x12 reps 	Push-Up 3x12 reps 	Incline Push-Up 3x12 reps 
Exercise 2	Laundry Detergent Row 3x12 reps 	Banded Row 3x12 reps 	Backpack Row 3x12 reps 
Exercise 3	Towel Iso Curls 3x20 secs 	Banded Curls 3x12 reps 	Backpack Curls 3x10 reps per arm 
Exercise 4	Chair Dips 3x10 reps 	Diamond Push-Ups 3x10 reps 	
Exercise 5	Modified Plank 3x30 secs 	Plank 3x30 secs 	Plank with Shoulder Touches 3x30 secs 

Lower Body Workout

Easier ←-----→ Harder			
Exercise 1	Body Weight Squat 3x12 reps 	Goblet Squat 3x12 reps 	Goblet Squat With 5s Iso Hold 3x12 reps 
Exercise 2	Lunge 3x10 reps per leg 	Bulgarian Split Squat 3x10 reps per leg 	Bulgarian Split Squat with Weight 3x12 reps per leg 
Exercise 3	Hamstring Towel Curls 3x10 reps 	1-Leg Hamstring Towel Curls 3x10 reps per leg 	
Exercise 4	Easier ←----- Decrease time	Wall Sit 30 seconds 	-----→ Harder Increase time
Exercise 5	Calf Raises 3x20 reps 	Calf Raises from Deficit 3x20 reps 	1-Legged Calf Raises 3x10 reps per leg 
Exercise 6	Leg Only Deadbugs 3x20 reps 	Deadbugs 3x20 reps 	Banded Deadbugs 3x20 reps 