

Home-based strengthening exercises

No equipment needed!*

21+ Different exercises | Program suggestions | Various fitness levels

























*We're assuming you have a chair

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- Exercise Breakdown p.5-13
 - Muscles used
 - Variations
 - Difficulty rating
 - Pictures

🏠 Exercise List

Difficulty levels : Easy (1), Moderate(2), Difficult(3).
Click link for pics & details.

Column A: Arms Arms, shoulders, back, chest	Column B: Legs Glutes, quads, hamstrings, calves	Column C: Core Abs, deep core, glutes etc.
Pushups  1-3	Lunges  2-3	Plank & Side plank  2-3
Inverted Shoulder Press  2	Hip Raise  1-3	Crunches & side Crunches  1-3
Dips  2-3	Squats & Spit Squats  1-3	Leg Raise  2
Side Raise  2	Heel Raise  1-2	Dead Bug  1-2
Shoulders – Isometric hold & raises  1	Glute extension  1-2	Clam  1
Body Pulls  1-3	Side Lunges  1-3	Bird Dog  2
Scapula Squeezes  1	Knee Extension  1-2	Back Extension  1

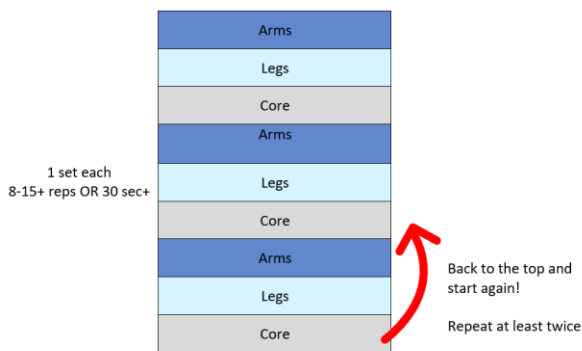
Create your Own Workout

This is performed at your own risk and is intended for individuals without existing injury

Design Instructions

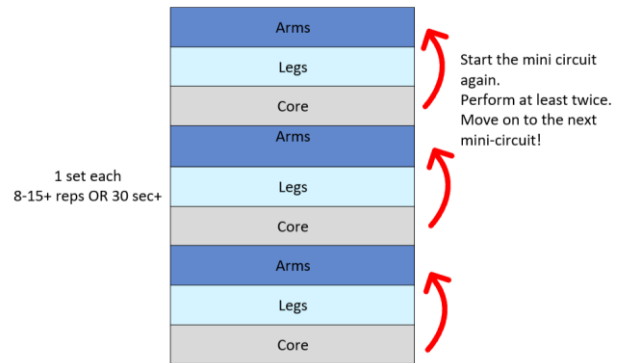
Option 1 – Full Circuit

Pick 2-3 exercises from each column so that you have at least 8 exercises. Complete one set of each exercise and then start again.



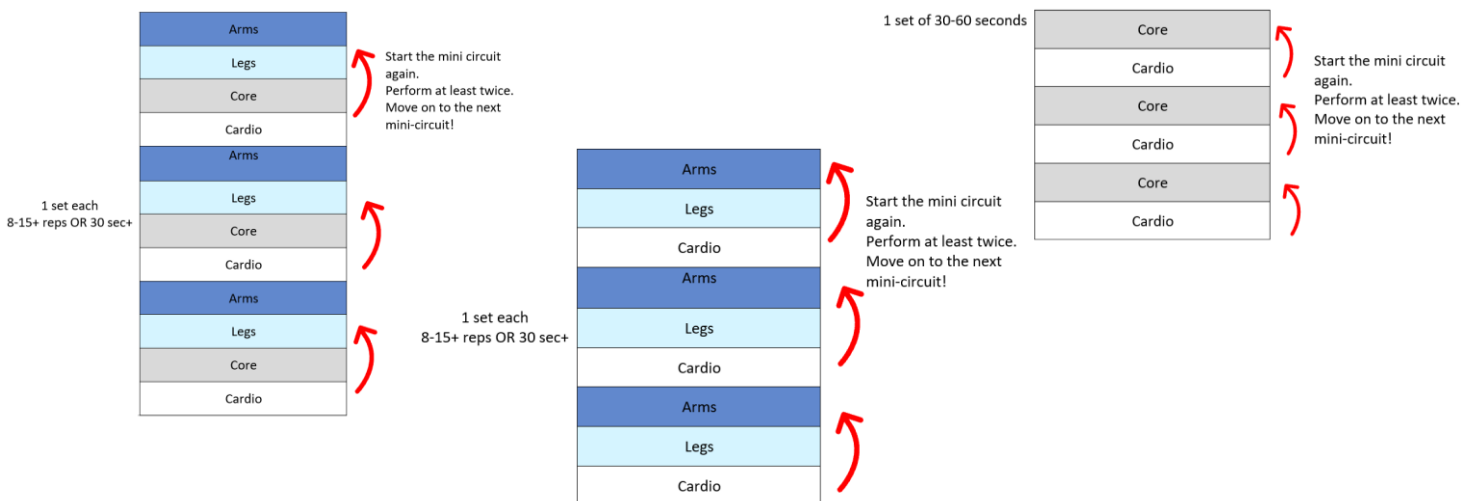
Option 2 – Mini Circuits

Pick 2-3 exercises, alternate these exercises for the desired number of sets, then move on to the next circuit.



Option 3 – Add Cardio (Higher Intensity)

Add a 30 second – 1 minute cardio stint after each set or circuit. Example jump rope, burpees, jumps, star jumps, high knee running on the spot, step ups.



Exercise Breakdown

Difficulty levels: Easy (1), Moderate(2), Difficult(3)

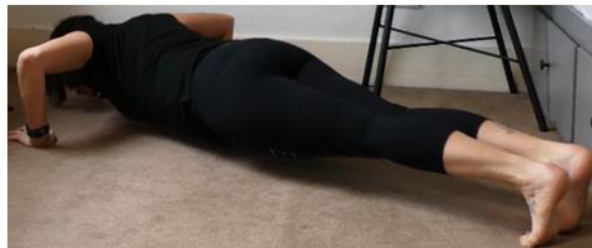
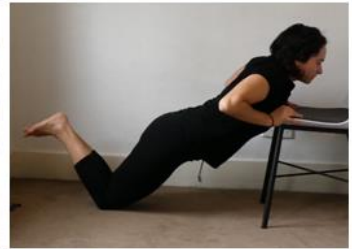
Exercise variations listed are in order of progressing difficulty

Pushups

Muscles: *Pecs, triceps, delts*

Difficulty: 1-3

Variations: *Wall, Box, Knee, Full, Incline off chair/coffee table, decline off chair/coffee table*



Inverted Shoulder Press

Muscles: *Delts*

Difficulty: 2



Dips

Muscles: *Pecs, Triceps*

Difficulty: 2-3

Variations: *Knees bent, knees straight*



Side Raise

Muscles: *Shoulders, pecs, core*

Difficulty: 2

Variations: *From ground, from elbow, from hands, raise*



Shoulders – Isometric hold then raises

Muscles: *Delts*

Difficulty: 1

Variations: *Lateral raises, shoulder press*



Body Pulls

Muscles: *Lats, pecs, delts, core*

Difficulty: *1-3*

Variations: *Stationary (Dolphin pushups), Plank crawls*



Dolphin Pulls (Stationary)



Plank Pulls

Scapula Squeezes

Shoulder Blade squeezes, hold for as long as you can and then squeeze repeatedly (relax shoulders/neck)

Muscles: *Rhomboids, middle traps*

Difficulty: *1*



Lunges

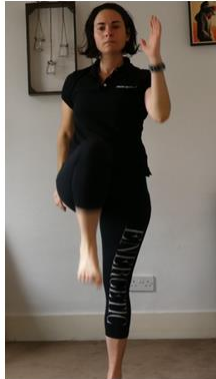
Muscles: *Quads, hamstrings, glutes, calves*

Difficulty: 2-3

Variations: Stationary Lunges, Alternating Lunges, Walking Lunges, Running Lunges



Lunges



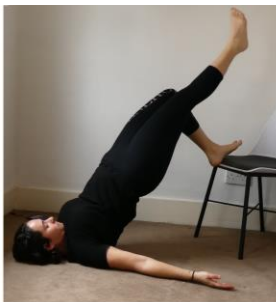
Running Lunges

Hip Raise

Muscles: *Hamstrings, glutes, core*

Difficulty: 1-3

Variations: *Feet on ground, straight leg with feet raised, feet on higher object, single leg*

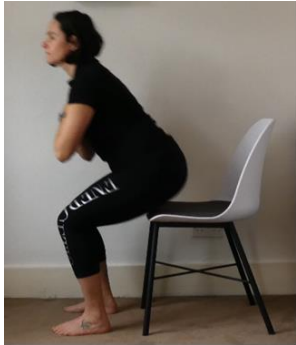


Squats & Spit Squats

Muscles: *Quads, hamstrings, glutes, calves*

Difficulty: 1-3

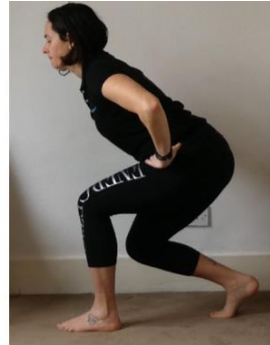
Variations: Sit to Stand, Squats, sumo squats, split squats, Bulgarian squats, Squat Jumps Stationary, Squat jumps box



Sit to Stand



Squat



Split Squat



Bulgarian Split Squat

Heel Raise

Muscles: *Calves*

Difficulty: 1-2

Variations: Double leg, single leg, off a step



Glute extension

Muscles: *Glutes, core, hamstrings, scapula stabilisation*

Difficulty: *1-2*

Variations: *Standing, Bent leg, straight leg*



Side Lunges

Muscles: *Glutes, core, hamstrings, scapula stabilisation*

Difficulty: *1-3*

Variations: *Stationary, Dynamic (side jumps)*

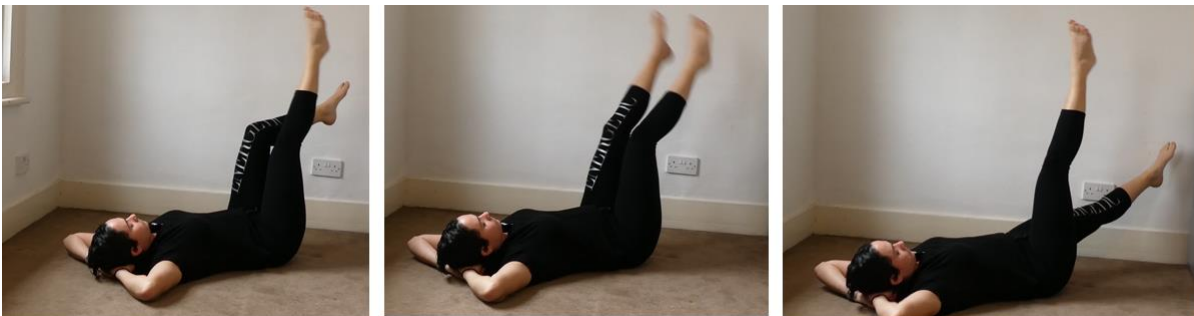


Knee Extension

Muscles: *Quads, core*

Difficulty: *1-2*

Variations: *Inactive leg resting, single leg, both legs, inactive leg half raised (core challenge)*



Plank & Side plank

Muscles: *Core, scapula stabilizers, neck*

Difficulty: 2-3

Variations: *From knees, from feet, movement varieties*



Crunches & side Crunches

Muscles: *Abs & obliques*

Difficulty: 1-3

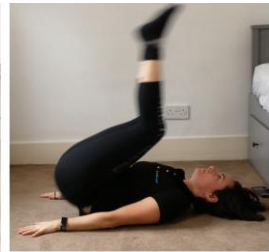
Variations: *Legs down, Legs up, Legs straight, Forward, Side, Reverse*



Crunches



Side Crunches



Reverse Crunches

Leg Raise

Muscles: *Core and hip flexors*

Difficulty: 2

Variations: *Single leg, double leg, prigrass heights, holds*

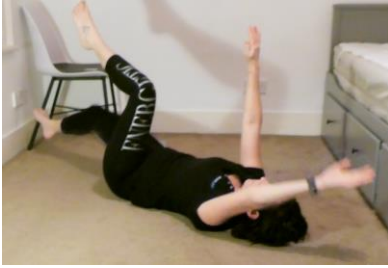


Dead Bug

Muscles: *Core*

Difficulty: 1-2

Variations: *Ssingle limbs, opposite limbs, same-side limbs, all limbs*



Clam

Muscles: *Glute medius, core*

Difficulty: 1

Variations: Legs supported on ground, lift feet up (mermaid)



Clam



Mermaid

Bird Dog

Keep hips still!

Muscles: *Glutes, core, hamstrings, scapula stabilisation*

Difficulty: 2

Variations: *single limbs, opposite limbs, elbow to knee, same-side limbs*



Back Extension

Muscles: *Back, glutes*

Difficulty: 1

Variations: *Push up through arms, no use of arms*

