



Home Bodyweight Workouts:

Hello Friends!

With Covid-19 keeping some of you away from the gym, here are a couple of circuit workouts that you can do at home that require zero equipment.

The reason why there's such a wide range of rounds, reps, and rest periods is to give an appropriate range for beginner, intermediate, and advanced trainees 😊 In other words, if you're a bit newer to this type of exercise, start with less reps/ rounds.

* For most, I'd suggest just performing 1 of the 2 circuits on a given day, as opposed to both circuits on the same day*

For the dips and split-squats, you can improvise with a chair or couch

Warm-Up (do this 2 times through prior to the start of the circuit that you chose to perform)

- A) [Leg Swings Forward and Back](#) – 8-12 reps/leg
- B) [Leg Swings Side-to-Side](#) – 8-12 reps/leg
- C) [Thoracic Opener](#) – 4-8 reps/arm

Circuit #1

x 1-5 rounds

- A) [Bodyweight Squat](#) x 6-15 reps
- B) [Reverse Lunge](#) x 4-10 reps/leg
- C) [Superman Hold](#) x 20-45 sec. hold
- D) [Kneeling Push Up](#) x 5-12 reps
- E) [Front Plank](#) x 20-45 sec. hold
- F) REST : 30 sec. - 2 minutes

Circuit #2

x 1-5 rounds

- A) [Forward Reach Lunge](#) x 6-12 reps/leg
- B) [Bulgarian Split Squat](#) x 4-10 reps/leg
- C) [Glute Bridge](#) x 20-45 sec. hold
- D) [Bench Dips](#) x 6-15 reps
- E) [Slow Cycle](#) x 5-12 reps/side
- F) Rest : 30 sec. - 2 minutes