

Home Workout #1: Beginner Bodyweight

This is an at-home routine, see video and list below:

https://www.youtube.com/watch?time_continue=199&v=qvhHhDNjtxM&feature=emb_title

- [Bodyweight squats](#): 20 reps
- [Push-ups](#): 10 reps
- [Walking lunges](#): 10 each leg
- [Dumbbell rows](#) (using a gallon milk jug or another weight): 10 each arm.
- [Plank](#): 15 seconds
- [Jumping Jacks](#): 30 reps

The workouts above is called “circuit training,” with the objective being to run through the workout sequence once, then again, then again. Try to go for at least 2 rounds or more

Note: If you don’t have milk or a jug in the house for the rows, find something else of roughly the same weight with a good handle.

Home Workout #2: Advanced Bodyweight

If the beginner at-home workout above is too easy for you, move on to the Advanced Bodyweight Workout. The workout looks like this:

- [One-legged squats](#): 10 each side (It is super difficult, only attempt if you’re in good enough shape)
- [Bodyweight squats](#): 20 reps
- [Walking lunges](#): 20 reps (10 each leg)
- [Jump step-ups](#): 20 reps (10 each leg)
- [Pull-ups](#): 10 reps (or [inverted bodyweight rows](#))
- [Dips \(between bar stools\)](#): 10 reps
- [Chin-ups](#): 10 reps (or [inverted bodyweight rows with underhand grip](#))
- [Push-ups](#): 10 reps
- [Plank](#): 30 seconds

Not familiar with these workouts? You may google the name of workouts that is [underlined in blue fonts](#). For example, go to google search then type “[Walking Lunges](#)” then click on the images or videos on top to get the idea of the workouts.

Note: I warn you, the above workouts will hurt... in a good way. You should be proud if you can get through this three times!