

Exercise List

Chest:

- **No Equipment**

- Time Under Tension Pushups (Harder variation of pushups, 3 seconds down & 3 seconds up)
- Pause Pushups (Pause just before your chest hits the ground, wait a second, then press)
- Standard Pushups (Hands just outside of shoulder width)
- Partner Pushups (Have someone press down on your back or sit on you to make this exercise particularly hard)
- Wide-grip Pushups (Hands much wider than shoulder width)
- Knee Pushups (Easier variation of pushups)
- Incline Pushups (Easier variation of pushups, performed against an elevated surface like a countertop or coffee table)
- Decline Pushups (Harder variation of pushups, performed with feet elevated)
- Pushup Static Hold (Do half of a pushup then hold it for time)
- Chest Dips (performed with kitchen countertop)
- Chair Dips

- **Basic equipment**

- Dumbbell Floor Press
- Dumbbell Floor Flyes
- Standard Dumbbell Press (If you have a bench)
- Incline Dumbbell Press (If you have a bench)
- Flat Dumbbell Flyes (If you have a bench)
- Reverse Grip Dumbbell Press (If you have a bench)
- Crush Press (Neutral grip, squeezing dumbbells together)

- **Outdoor Gym Equipment**

- Chest Dips
 - Incline Pushups (Using bars)
 - Decline Pushups (Using bars)
 - Planche Pushups
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Back:

- **No Equipment** (*Back is hard to train without ANY equipment*)
 - Dolphin kicks
 - Supermans
 - Glute Bridge (Glutes + lower back)
 - Bag Rows (Fill a duffle bag with some heavy objects to perform rows)
 - Bag Shrugs (Fill a duffle bag with some heavy objects to perform shrugs)
 - **Basic equipment**
 - Dumbbell Rows
 - Dumbbell Shrugs
 - Seal Row (If you have a bench)
 - Dumbbell Stiff-Legged Deadlift (Lower back + hamstrings)
 - **Outdoor Gym Equipment**
 - Pullups
 - Chinups
 - Inverted Rows
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Shoulders:

- **No Equipment**
 - Handstand Pushups
 - Milk/Detergent Jug Front Raises
 - Milk/Detergent Jug Lateral Raises
 - Pushups with feet VERY elevated
- **Basic equipment**
 - Dumbbell Shoulder Press (Seated or standing)
 - Dumbbell Arnold Press (Seated or standing)
 - Lateral Raises (With bands or dumbbells)
 - Front Raises (With bands or dumbbells)
 - Upright Rows (With bands or dumbbells)
 - Dumbbell Reverse Flyes

- Dumbbell Squat Thrust (Works legs as well)
 - **Outdoor Gym Equipment**
 - Handstand Pushups (Using bars)
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Biceps:

- **No Equipment**
 - Curls (Using Milk Jug/ Detergent Jug / Duffle Bag)
 - Hammer Curls (Using Milk Jug/ Detergent Jug / Duffle Bag)
 - Reverse Curls (Using Milk Jug/ Detergent Jug / Duffle Bag)
 - **Basic equipment**
 - Curls (With bands or dumbbells)
 - Hammer Curls (With bands or dumbbells)
 - Reverse Curls (With bands or dumbbells)
 - Dumbbell Spider Curls (If you have a bench)
 - Incline Dumbbell Curl (If you have a bench)
 - **Outdoor Gym Equipment**
 - Chinups
 - Underhand Grip Inverted Row
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Triceps:

- **No Equipment**
 - Diamond Pushups
 - Close Grip Pushups (Hands inside of shoulder width)
 - Bodyweight Skullcrushers (Against countertop or table)
 - Close Grip Knee Pushups
 - Incline Close Grip Pushups (Against a surface)
 - Decline Close Grip Pushups (Feet elevated)
- **Basic equipment**

- Overhead Tricep Extension (With bands or dumbbells)
 - Dumbbell Skullcrushers
 - Reverse Grip Dumbbell Press
 - Kickbacks (With bands or dumbbells)

 - **Outdoor Gym Equipment**
 - Skullcrushers (Using bars)
 - Tricep Dips
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Legs (Quads/Hamstrings/Glutes/Calves):

- **No Equipment**
 - Bodyweight Squats
 - Narrow Bodyweight Squats
 - Wide Bodyweight Squats
 - Bodyweight Pause Squats
 - Walking Lunges
 - Single Legged (Pistol) Squats
 - Split Squats (back foot elevated)
 - Stiff-Legged Deadlifts (holding Milk Jugs / Detergent Jugs / Duffle Bag)
 - Reverse Lunge with Knee Lift
 - Side Lunges
 - Single-Legged Calf Raises
 - Glute Bridge
 - Single-Legged Glute Bridge
 - Step-Ups
 - Squat Jumps

- **Basic equipment**
 - Dumbbell Goblet Squat
 - Dumbbell Overhead Squat
 - Lunges (Holding dumbbells)
 - Split Squats (Holding dumbbells)
 - Glute Bridge (Holding dumbbells at top of knee)
 - Dumbbell Swings (Similar to kettlebell swing, using dumbbell)
 - Dumbbell Step-Ups
 - Seated Calf Raises (Dumbbells on knees)

- Dumbbell Squat Thrust (Works shoulders as well)
 - Stiff-Legged Deadlifts (Holding dumbbells)
 - Deadlifts
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Abs:

- **No Equipment**
 - Lying Leg Raises
 - Crunches
 - Sit-Ups
 - V-Sits
 - Mountain Climbers
 - Plank
 - Plank Walk-Outs
- **Basic equipment**
 - Russian Twist (Holding dumbbell)
 - Leg Raises (Weight between feet)
 - Crunches (Weight behind head)
 - Sit-Ups (Weight behind head)
- **Outdoor Gym Equipment**
 - Toe to Bars
 - Knee Raises
 - Leg Raises
 - Jackknives

Warmups / Dynamic Movements / Dynamic Stretches / Cardio:

- **No Equipment**
 - Burpees
 - Jumping Jacks
 - Running (If you can leave the house)
 - Hiking (If you can leave the house)
 - Walking (If you can leave the house)
 - Mountain Climbers

- High Knees
- Butt Kicks
- Arm Circles
- Inchworms

- **Basic equipment**
 - Skipping (With rope)
 - Dumbbell Snatch
 - Dumbbell Clean + Jerk

Build Your Workout

Because this list is going to be addressing a wide range of people with entirely different fitness levels, it's essential that you build your own individual workouts. The best place to start is to identify which type of workout you would prefer. When you have access to limited equipment, I've found that it's best to do one of two things:

- Focus on FULL BODY workouts
- Split your workouts in to UPPER and LOWER days

You should also add/subtract exercises according to what your specific fitness goals are. If you don't want to train biceps, but feel like doing extra leg work, then feel free to make those substitutions as you see fit. Just make sure that you aren't totally neglecting anything!

STEP 1: Choose Your Exercises

FULL BODY WORKOUT:

Take 1 (or POSSIBLY 2) exercises from each muscle group category, and group them together. Start the workout off with some form of warmup / cardio / stretching.

UPPER BODY WORKOUT:

Take 2 exercises from each UPPER BODY muscle group category, and group them together. This would include Chest/Back/Shoulders/Biceps/Triceps. Start the workout off with some form of warmup / cardio / stretching.

LOWER BODY WORKOUT:

Take 2 exercises from each LOWER BODY muscle group category, and group them together. This would include Quads/Hamstrings/Calves/Glutes/Abs. Start the workout off with some form of warmup / cardio / stretching.

STEP 2: Choose Rep Ranges For Your Exercises

Sets and reps are the terms used to describe the number of times you perform an exercise. A rep is the number of times you perform a specific exercise, and a set is the number of cycles of reps that you complete. I.E: If you complete 12 reps of a bench press. You would say you've completed "one set of 12 reps." A set can be any number of reps, so if you complete 15 reps of a bench press, you would say you've completed "one set of 15 reps," and if you complete just six reps, then that would be "one set of six reps."

Depending on what your goals are, the number of sets / repetitions that you perform will vary. Typically, as repetitions go up, the number of sets goes down, and when the number of sets increases, the number of repetitions goes down. Choose sets / reps for your exercises using the following criteria:

Endurance: 13+ reps per set (in this rep range you would generally perform 2-3 sets)

Hypertrophy: 6-12 reps per set (in this rep range you would generally perform 3-4 sets)

Strength: 1-5 reps per set (in this rep range you would generally perform 4-6 sets)

Typically a workout should not exceed 30 sets or so (excluding warmup)- this should be a consideration when building the routine as it can easily be exceeded when you are performing lots of exercises.

Alternatively, instead of deciding on a number of repetitions, you can use what is called the RPE scale.

RPE = Rate of Perceived Exertion: This is a subjective scale that indicates how hard you're working / how much energy you have left.

Example:

RPE 10 = Nothing left, nearly impossible to keep going (no reps left)

RPE 9 = Very Hard, very little energy leftover (1 rep left)

RPE 8 = Hard, should not have much energy leftover (2-3 reps left)

RPE 7 = Moderate-Hard, comfortable, but should have a fair bit of energy left over (3-4 reps left)

RPE 6 = Moderate, should have quite a bit of energy left over (5 reps left)

RPE 3-5 = Light activity, lots of energy left (lots of reps left)

RPE 1-2 = Very light activity, should feel fresh (maximum reps left)

If you're using the RPE scale, you should base the number of sets that you want to perform using the Endurance/Hypertrophy/Strength criteria above, and then slot in the appropriate RPE in place of the number of repetitions.

STEP 3: Write It All Out

Once you've decided on the exercises, set ranges, and rep ranges, you should be able to build your routine.

See below for a sample FULL BODY workout with NO available equipment:

WARMUP: Jumping Jacks 3 Sets of 25
WARMUP #2: Plank Walk Outs - 3 Sets of 8
Standard Pushups - 3 Sets of 20
Bag Rows - 2 Sets of 15-20
Superman's - 2 Sets of 12
Milk/Detergent Jug Lateral Raises - 3 Sets of 15-20
Milk/Detergent Jug Curls - 3 Sets of 8-12
Bodyweight Skullcrushers - 3 Sets of 15
Bodyweight Squats - 4 Sets of 15-20
Sit-Ups - 3 Sets of 15

Sample UPPER body workout with NO available equipment:

WARMUP: Arm Circles - 3 Sets of 30 seconds
WARMUP #2: Burpees - 3 sets of 10
Pause Pushups - 3 Sets of 6-8 Reps
Incline Pushups - 3 Sets of 20 Reps
Supermans - 2 Sets of 12
Bag Rows - 3 Sets of 15-20
Milk/Detergent Jug Front Raises - 3 Sets of 8-12
Milk/Detergent Jug Lateral Raises - 2 Sets of 15-20
Hammer Curls (Using Milk Jug/ Detergent Jug / Duffle Bag) - 2 Sets of 8-12
Curls (Using Milk Jug/ Detergent Jug / Duffle Bag) - 3 Sets of 15
Bodyweight Skullcrushers - 3 Sets of 15
Diamond Pushups - 2 Sets of 12-15

Sample LOWER body workout with NO available equipment:

WARMUP: High Knees - 3 Sets of 30 Seconds
WARMUP #2: Butt Kicks - 3 Sets of 30 Seconds
Bodyweight Pause Squats - 4 Sets of 10
Squat Jumps - 4 Sets of 15
Walking Lunges - 3 Sets of 8-10 (each leg)
Glute Bridge - 4 Sets of 30 seconds
Standing Single-Legged Calf Raise - 3 Sets of 20
Lying Leg Raises - 4 Sets of 15-20
Plank - 2 Sets of RPE 9
Crunches - 3 Sets of RPE 8

Closing Thoughts

Hopefully this helps! I know that this is a lot to take in. After the COVID19 situation has settled down I will be releasing workout programs with designated exercises, sets, and rep ranges. I'm sure that I've missed some great exercises in this list, but there are A LOT of exercises out there and this should be more than enough for you to get your blood pumping.

Obviously I do not have time to record myself doing hundreds of exercises, but with a quick Google search you should be able to find how to perform the majority of these. However, When I DO release workout programs, I **will** include instructional videos.