



at-home strength workout

- Warm up with 5-8 minutes of full body movement and grab a set of dumbbells.
- 8-lbs are perfect for most but 5 or 10-lbs might work best for you. (trial and error)
- Do 10 repetitions of the following 8 exercises – in order with little to no rest between the exercises.
- Rest 1–2 minutes and repeat circuit 2–4 times (depending on your time availability and fitness level).
- You can do this strength training circuit 2–3 times a week on non-consecutive days.
- If done correctly, it should raise your heart rate and count toward some of your weekly cardio minutes 😊.

1. Push Ups:



Ease it Up: do on knees or at an elevated surface (coffee table, counter or wall)

Ramp It Up: lower down slow and explode up fast –or – do with hands (or one hand) on a medicine ball or basketball

2. Squat and Press:



Ease it Up: do only the upper or lower body – or – do a partial range of motion

Ramp it Up: lower down slow and explode up fast – coming up on tippy toes or to a small hop

3. Bent Over Row:



Ease it Up: do one arm at a time while the other is supported on one knee (in a staggered stance)

Ramp it Up: use heavy weights – or – double / triple the repetitions – the back is a big muscle and can handle it! Make sure you squeeze the back muscles around the spine at the top of the movement.

4. Burpees:



Ease it Up: use a bench or elevated surface for hands and/or walk feet back and up one at a time

Ramp it Up: add a small jump at the end

5. Dips:



Ease it Up: bring feet closer to the body

Ramp it Up: straighten legs and/or lift one leg to add to body weight

6. Walking Lunge with Bicep Curl:



Ease it Up: do only the upper or lower body

Ramp it Up: add 2-3 pulses with each lunge and curl

7. Seated Rear-Delt Raise:



Ease it Up: alternate one arm at a time

Ramp it Up: increase weight or the amount of repetitions

8. Plie Squat with Upright Row



Ease it Up: do only the upper or lower body

Ramp it Up: add 2-3 pulses with each squat and row