

STRENGTH TRAINING: GET STARTED!

GREAT MOVES WITH MINIMAL EQUIPMENT

LOWER BODY & COMBO MOVES

Squats (weights or body wt)
Squat Jumps
Sumo Squats
Knee Raise Squats
Wide Squats
Speed Squats
Squat Down and out
(squat to pushup position & back up)
Single Leg Squat
Single Leg Partial Squat on box
Squat with Overhead Press
Squat single arm rack to overhead press
Squats with single arm swing
Squats with double arm swing
Squats with suitcase lift
Squat with suitcase swing
Squat with dumbbell chest press

Deadlift straight leg
Deadlift from floor
Single leg deadlift
Deadlift with Row

Lunges - single leg or alternating
Lunge with rear foot on low box
Reverse Lunge
Matrix Lunges (front, side, back)
Split Lunge Jumps
Step ups (with or without weight)
Step ups with single arm press
Single Leg Calf Raise
Farmer's Walk

CARDIO MOVES

Jump rope (body weight or light hand wts)
Speed Skater
Split Lunges
Squat Jumps
Vertical Jumps
Box Jumps
Stairs
Mountain Climbers
Fast feet (add jump twist)
Speed squats

Ski Jumps
High Knees run in place
Foot taps on stairs

CORE MOVES

Crunch (regular or twist)
Reverse crunch
V sit
Standing Ab Rotation (no weight)
Weight Core Twist
Standing oblique crunch (hold weight & side bend)

Plank
Weight plank row
Push up with row
Weight T Stand
T pushup
Walking plank
Twisting plank
Side plank
Side knee plank (spiderman)
Standing weight pullover

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UPPER BODY MOVES

Shoulders

Side Raises (vary hand position)

Front Raises

Shrugs

Shoulder Press

Shoulder Raise Combo: front-side-pinky up

Chest

Chest press (flat, incline, decline)

Chest Fly

Bent over single arm fly

Back

Bent over rows

Reverse flies

Bent over single arm row

Arms

Biceps curl (regular, hammer, reverse)

Triceps Extension

Triceps Skullcrusher

Triceps Kickback

PUSHUPS ARE A MAIN MOVE!!

(Chest, Shoulders, Triceps & CORE)

GETTING STARTED WITH CIRCUIT TRAINING

Alternate upper & lower body activities

Include cardio moves

Select 8 -10 different activities

Write your circuit activities on paper

Have all your equipment ready to go

One set of circuit = all activities completed non-stop!

Complete all activities in your circuit

Rest 60 - 90 seconds

Repeat circuit (until you have 20 minutes of activity)

How many sets of the circuit should you do?

20 minutes minimum workout time

How many reps of each activity should you do?

15 - 20 reps or timed 30 - 60 seconds: you choose!

Increasing intensity

Complete more circuits, try and beat your time

Choose more difficult exercises

Keep it interesting!

Choose different activities every 2 - 4 weeks

Vary the reps

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