

This is your bodyweight/home workout plan

Do all those exercises in a row with max 3 min between sets. If it is too easy, do all the plan 2-3 times in a row.

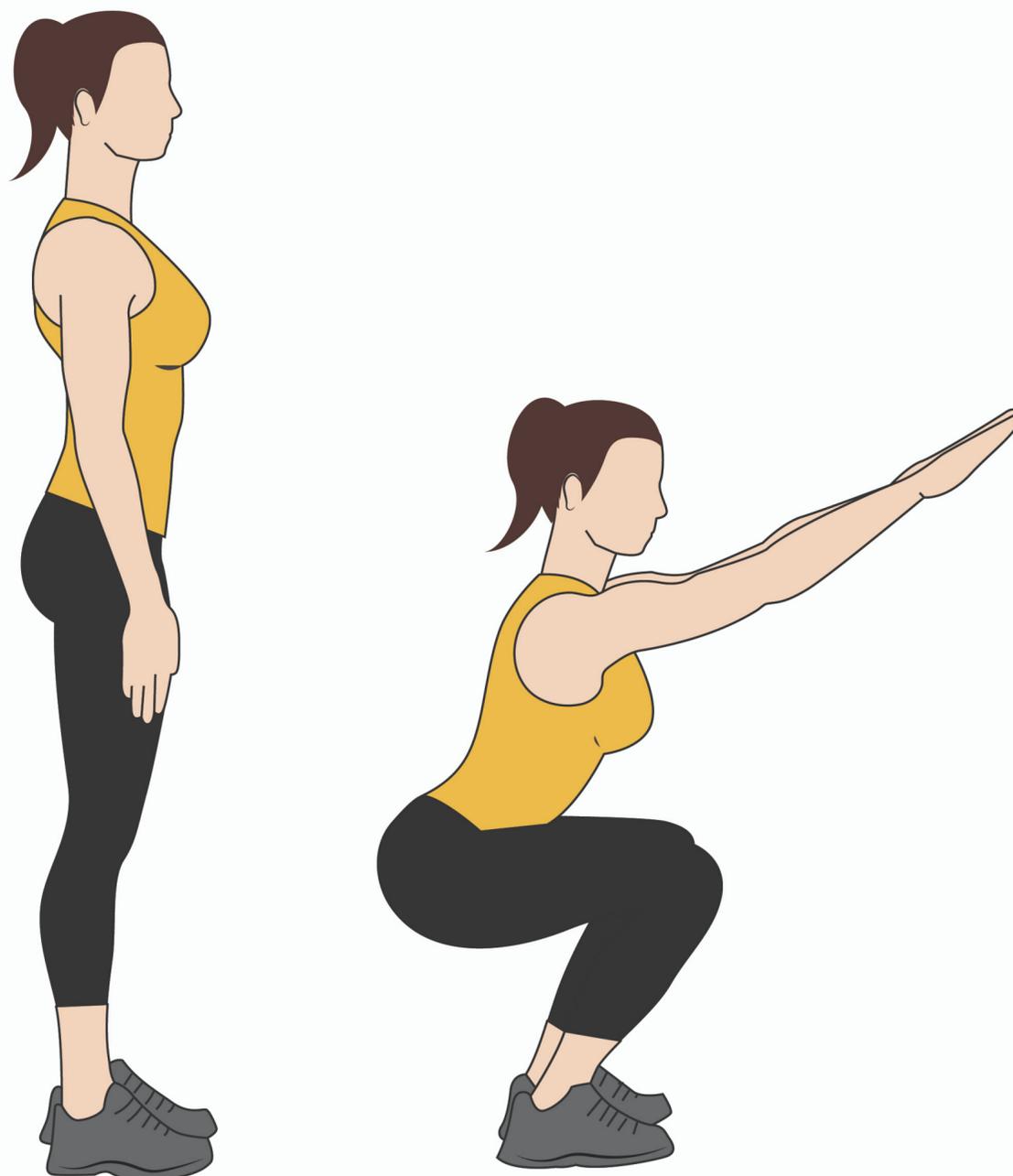
When starting out, you should have at least 1 rest-day between workout days.

Remember warming up for a couple of minutes at least and doing every exercise with correct technique and safely.

Squat with your own body weight

Series: 1 Repetition: 10-15

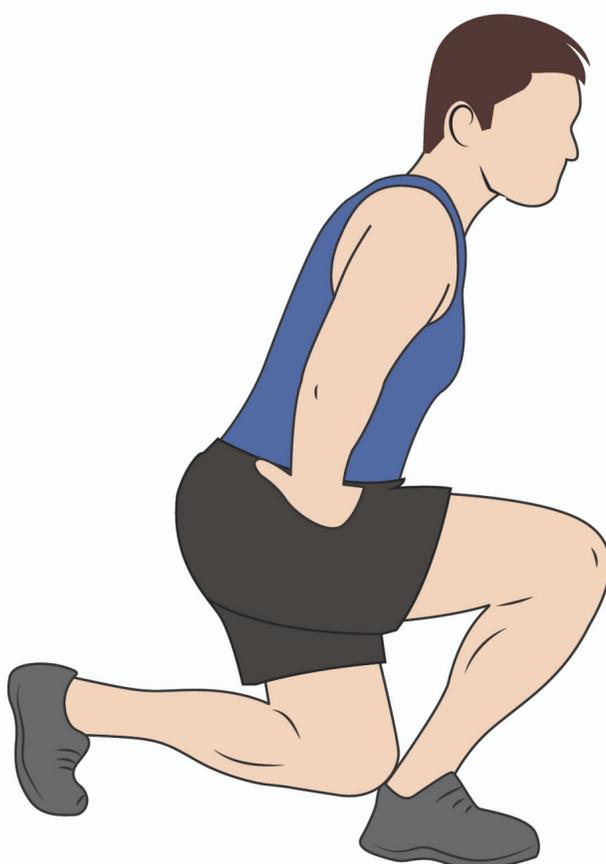
1. Place your feet at the width of your hips or shoulders, feet slightly facing outwards. Pull in your naval and keep your core tight throughout the motion.
2. Gently push your hips back and squat; at the same time breathe in. Your toes should be parallel to your knees. You can raise your hands during the squat in front of the body to balance the squat position.
3. Get up from the squat while exhaling.



Lunges

Series: 1 Repetition: 10-15

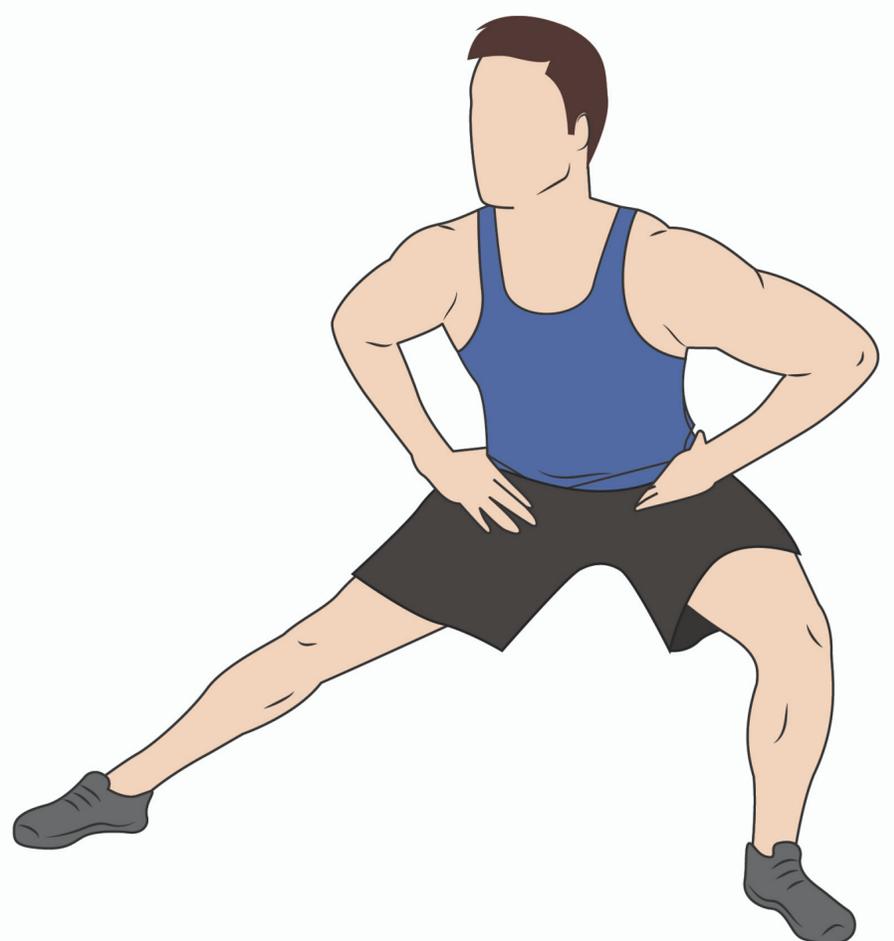
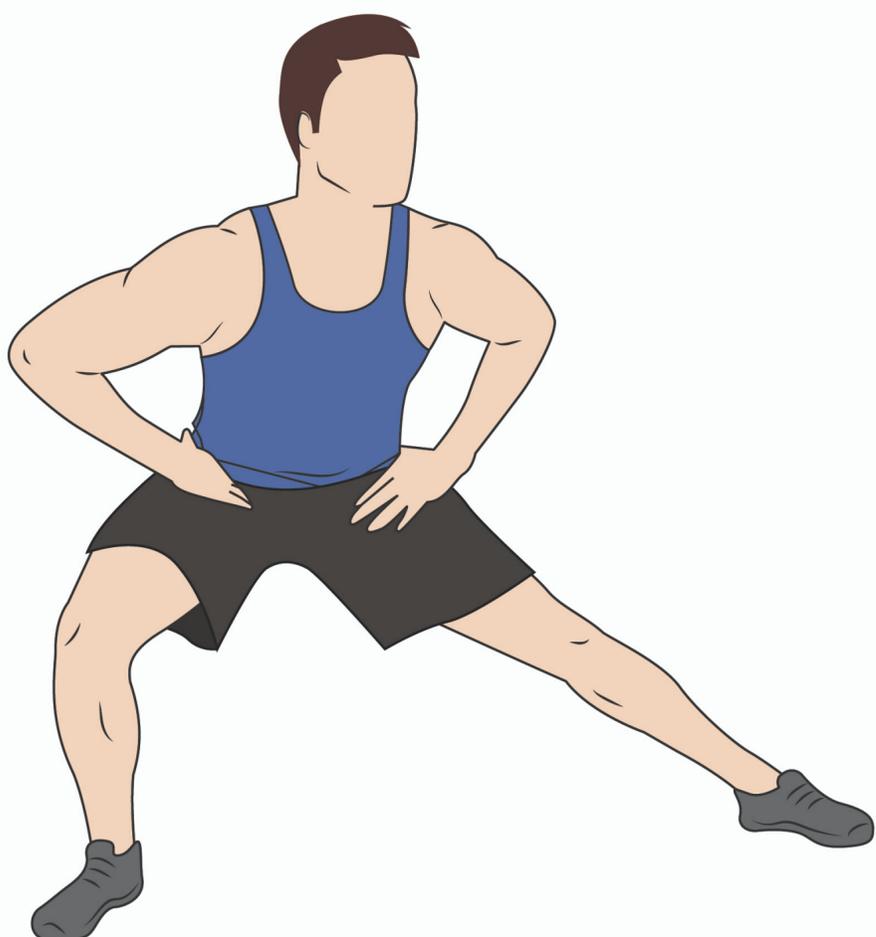
1. Stand upright with feet in a neutral position.
2. Step with one foot one step forward and descend until the knee of the hind leg almost touches the ground. Breathe in at the same time.
3. Pull up while exhaling and continue moving by stepping onward with the other foot.



Side lunges

Series: 1 Repetition: 10-15

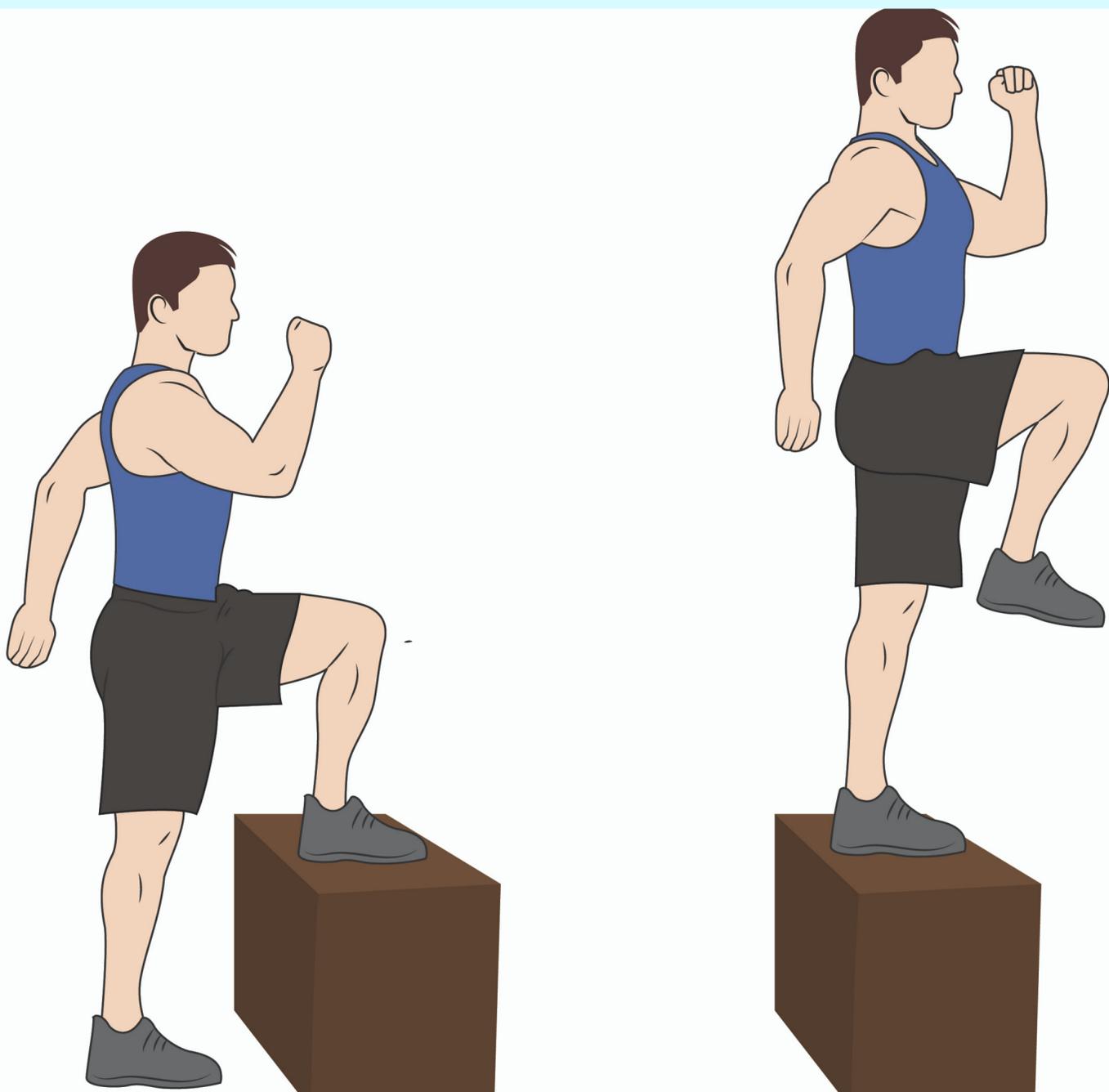
1. Stand with your feet almost together and put your hands on your hips. Keep your upper back and core tight.
2. With one foot, take a medium sized step to the side and descend as low as you can or until the knee of the squatting leg is at an angle of about 90 degrees. The other leg extends straight to the side. Point the knee of the squatting leg forward and parallel to the foot and keep the entire sole of the foot on the ground. Breathe in at the same time.
3. Push yourself back up by extending the knee of your squatting leg and hip straight. Exhale at the same time.
4. Repeat the movement on either the same or the opposite side.



Stepping on the bench

Series: 1 Repetition: 10-15

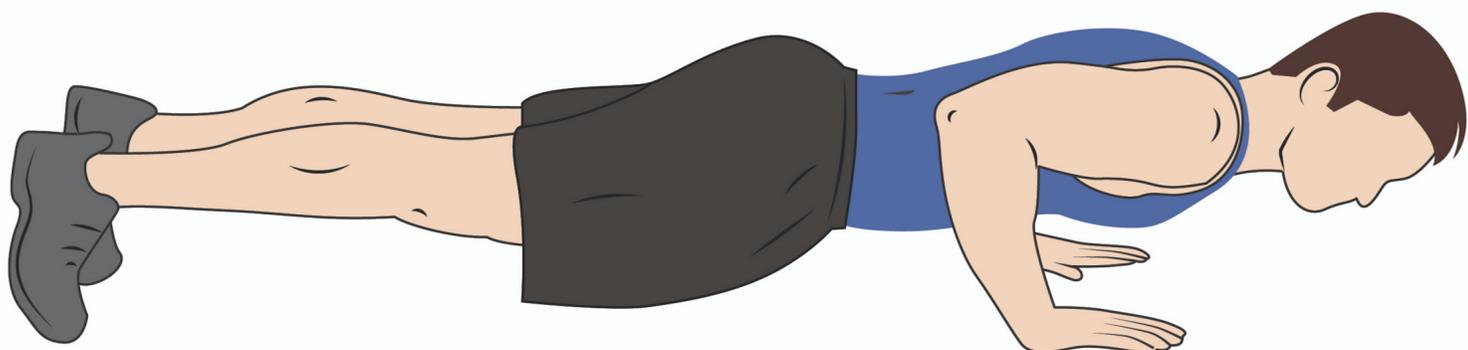
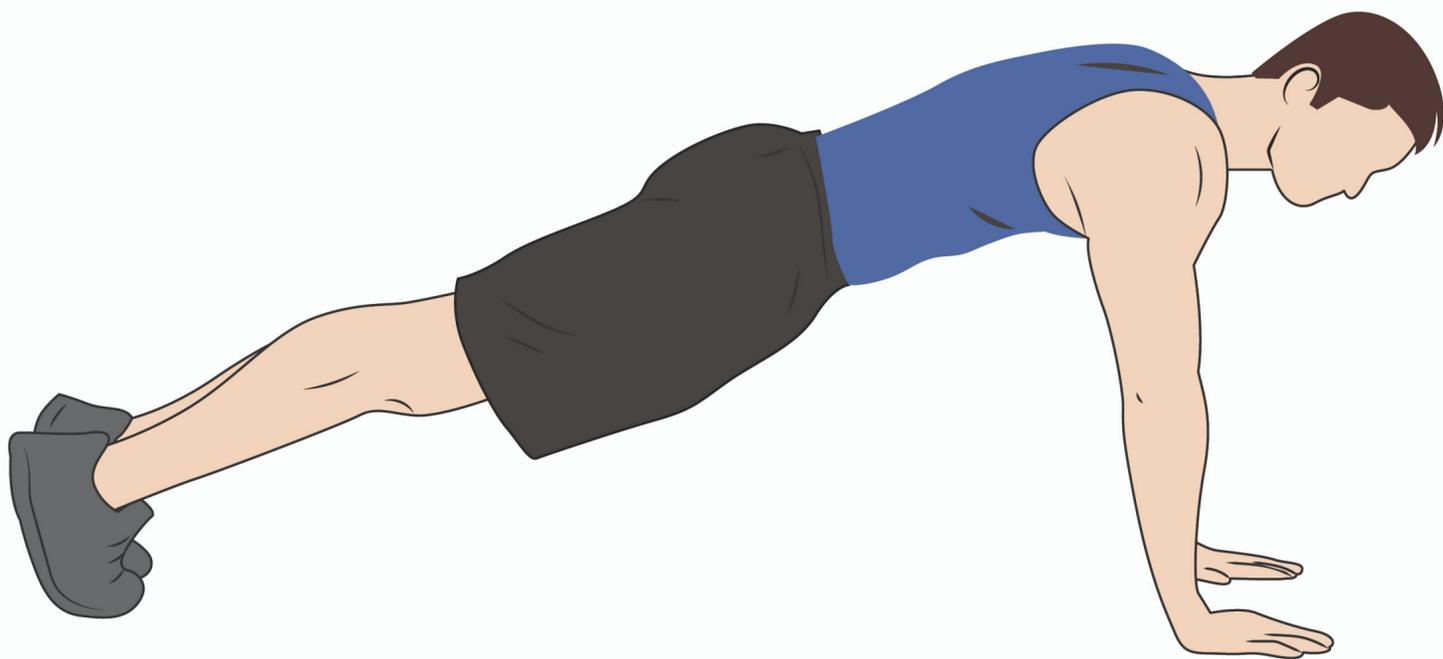
1. Stand in front of the platform with your feet in a hip-width position.
2. Step on the platform with your one foot, aligning the knee to be parallel with the toe and extend the knee and hip straight. Flex your other leg at the hip during the ascent. Exhale during the ascent.
3. Descend back down while inhaling and repeat the movement with the other foot.



Push-ups

Series: 1 Repetition: 10-15

1. Place your palms on the floor shoulder-width apart, fingers forward. Raise yourself straight with your core tight onto your palms and balls of your feet. Keep your core tight and steady throughout the exercise.
2. Descend as low as you can or until your chest touches the floor. Inhale during the descent.
3. Push yourself up while exhaling. Press your shoulders downwards at the end of the extension.



Push-ups on the bench

Series: 1 Repetition: 10-15

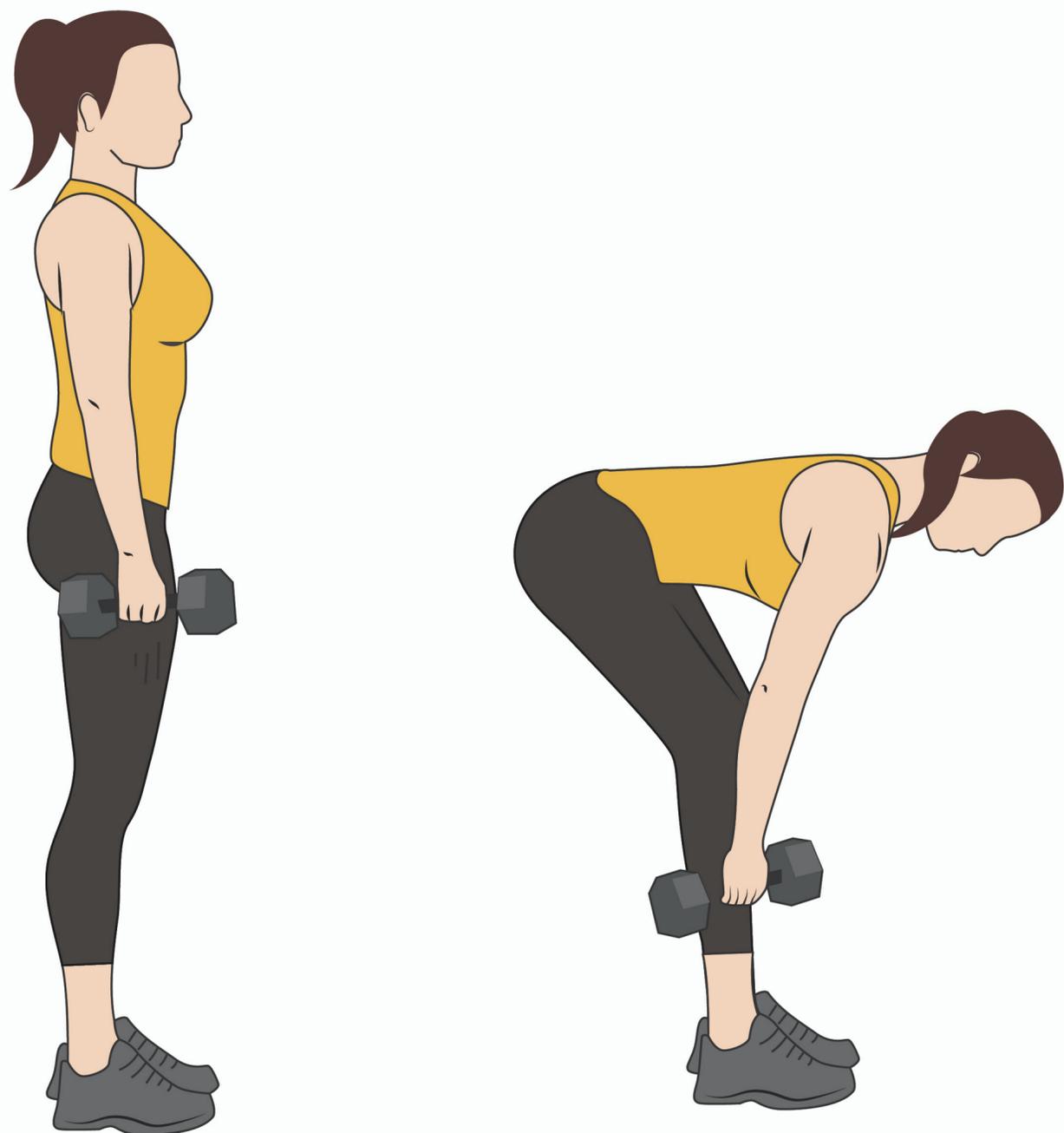
1. Put your knees to the ground and place your palms on the bench shoulder-width apart, fingers pointing forward. Pull the stomach in and squeeze the abdomen tightly. Keep your core tight and steady throughout the execution.
2. Descend as low as you can or until your chest touches the bench. Inhale during the descent.
3. Push yourself up while exhaling. Press your shoulders downward the end of the extensios.



Straight-leg deadlift with dumbbells/resistance band

Series: 1 Repetition: 10-15

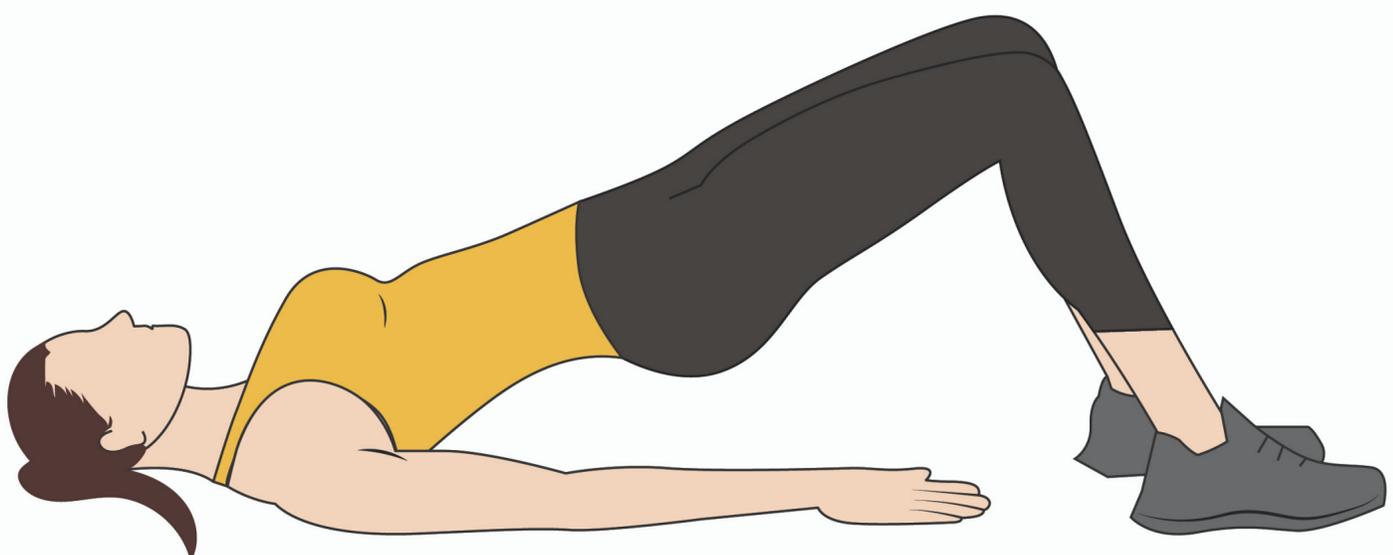
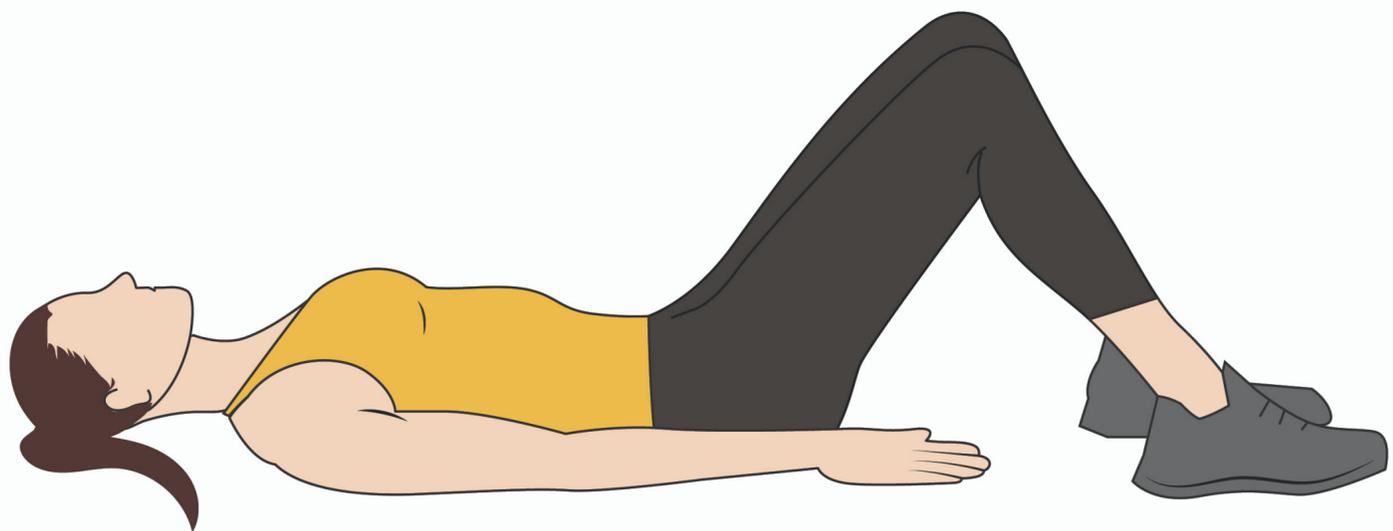
1. Grasp the dumbbells/resistance band (under your feet) and take them to the sides of your body. Stand with your feet in a narrow stance.
2. Tighten your core. Pull your shoulder blades together, bend your knees slightly and push your hips back, shifting the weight more on the heels.
3. Lean your upper body forward and lower your dumbbells to the middle of your shins. Inhale during the descent.
4. Extend your hips and back while exhaling.



Hip raises

Series: 1 Repetition: 10-15

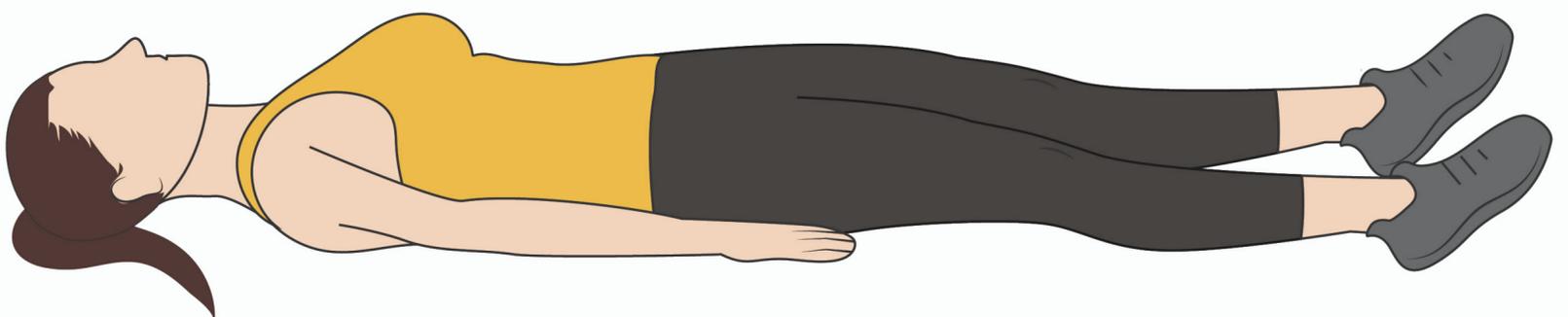
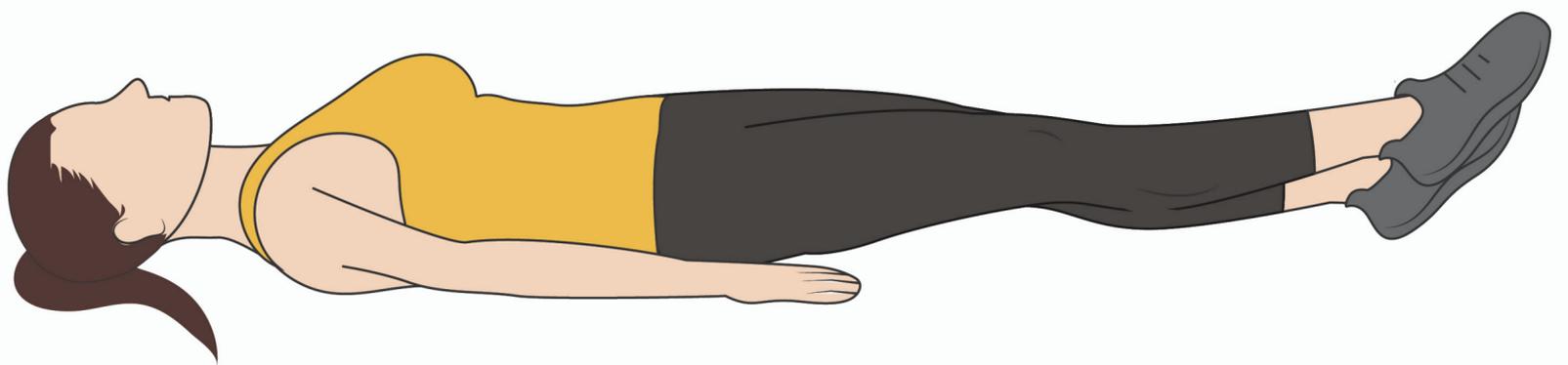
1. Lie on your back and place your knees at a 90 degree angle. Place your hands straight, next to the body. Tighten your core and lower abdomen.
2. Inhale and exhale while lifting your pelvis off the floor. Extend your hips until they are straight.
3. In the up position, inhale and during exhalation, roll the back slowly to the starting position on the floor.



Leg raises

Series: 1 Repetition: max

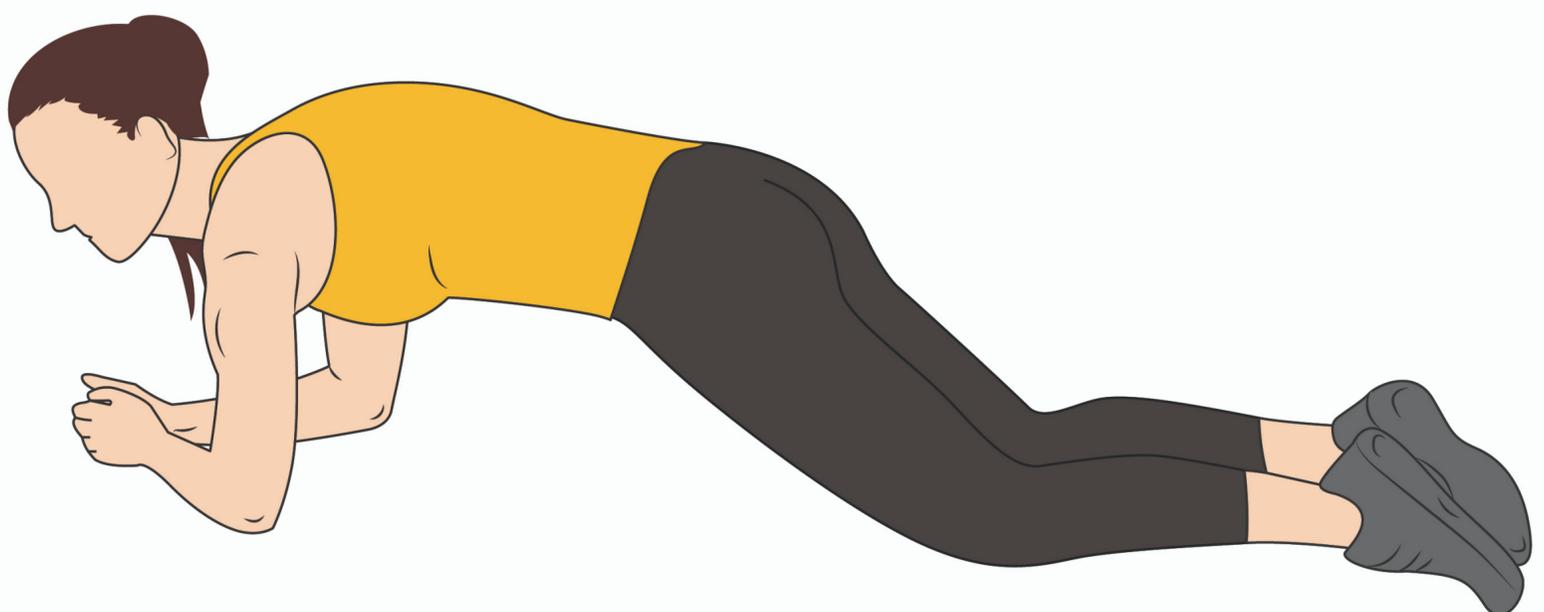
1. Lie on your back on the floor and extend your legs, heels against the ground. Put your hands on the sides of your body.
2. Exhale and tighten your core without losing the natural lumbar arch. Lift one leg 2-3 inches off the floor. Do not let your hips tilt or twist during the raise.
3. Inhale and return the foot in a controlled manner back to the ground.
4. Repeat the movement with the other leg.



Plank with knees on the ground

Series: 1 Repetition: max

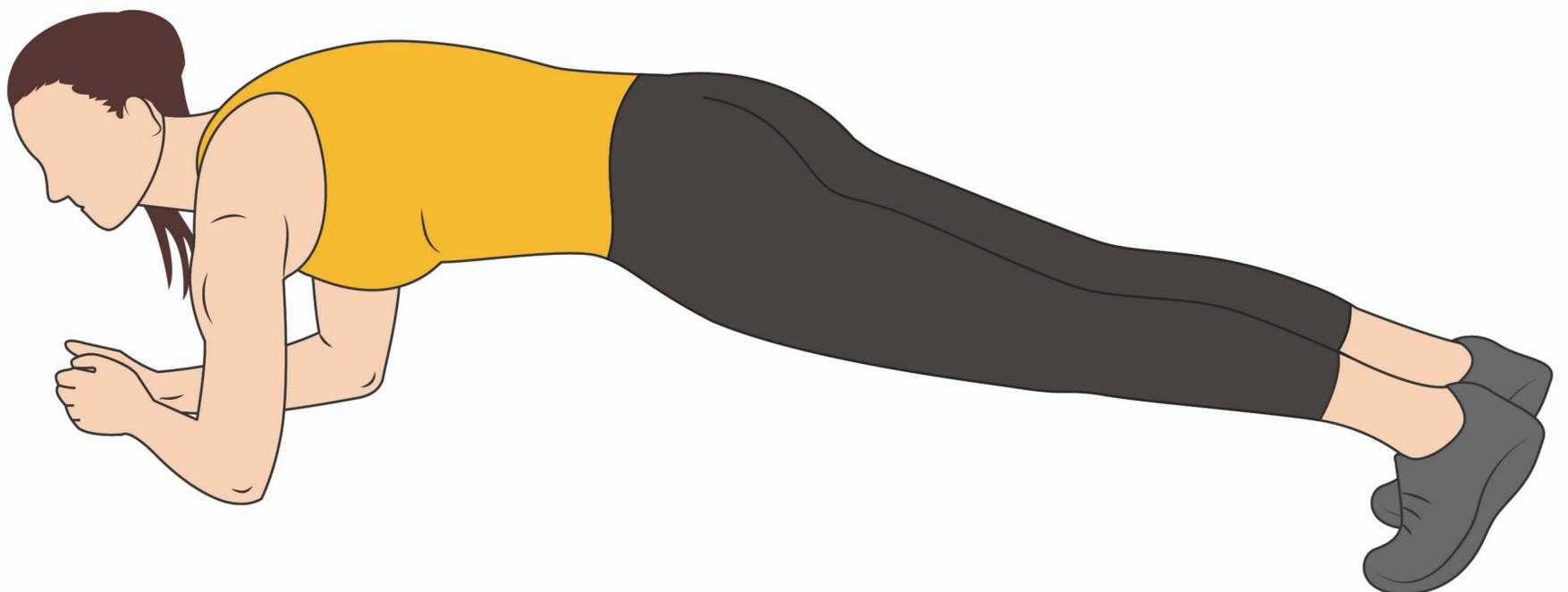
1. Lie on your elbows, forearms on the ground.
2. Lift your hips off the floor so that you are on your elbows/forearms and knees. Press the shoulders down so that the shoulder blades slide to sides. Keep the shoulders tight throughout the exercise.
3. Tighten your core, raise your pelvis slightly upwards and hold it stationary throughout the execution. Do not allow lower back sagging.
4. Maintain the position for as long as you want or as long as you are able to breath normally.



Plank

Series: 1 Repetition: max

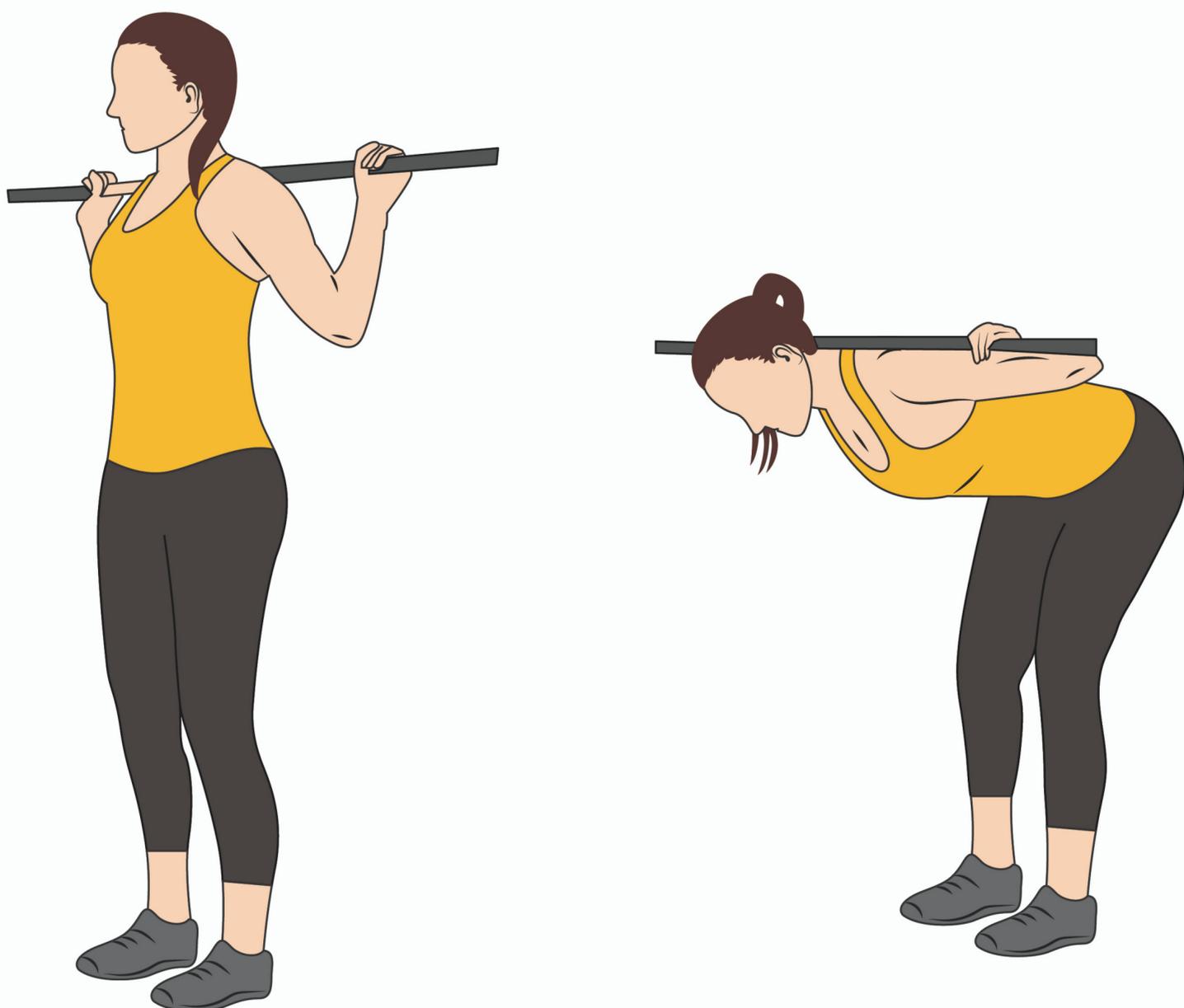
1. Lie on your elbows, forearms on the ground.
2. Lift your hips and knees off the floor so that you are on your elbows/forearms and soles of your feet. Press the shoulders down so that the shoulder blades slide to sides. Keep the shoulders tight throughout the exercise.
3. Tighten your core, raise your pelvis slightly upwards and hold it stationary throughout the execution. Do not allow lower back sagging.
4. Maintain the position for as long as you want or as long as you are able to breath normally.



Good morning

Series: 1 Repetition: 10-15

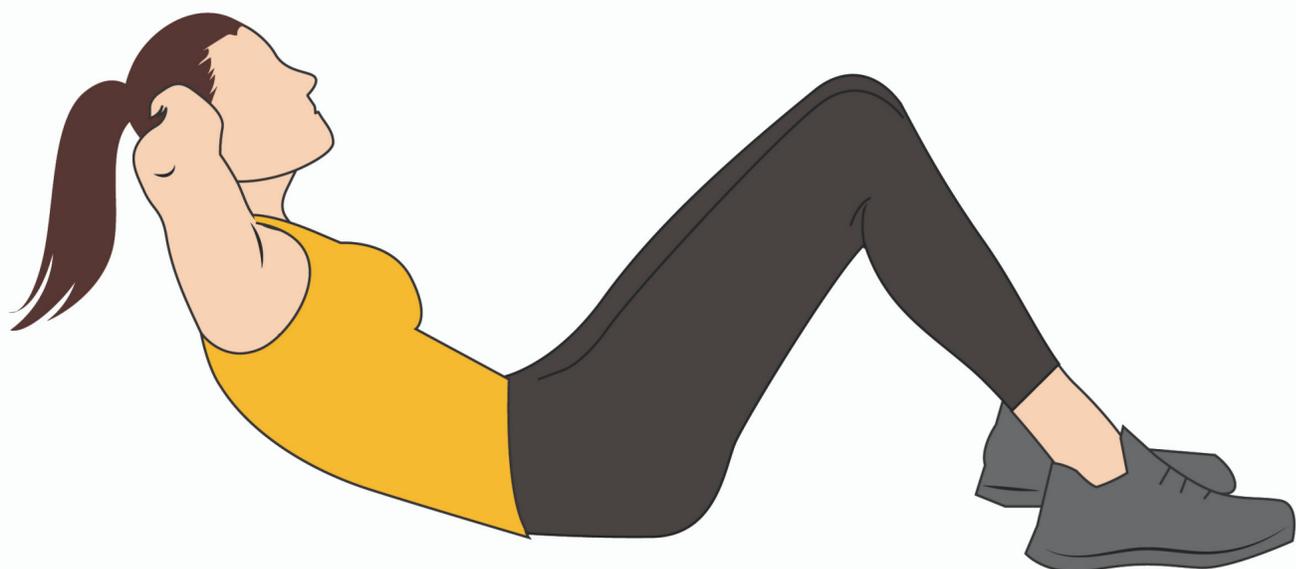
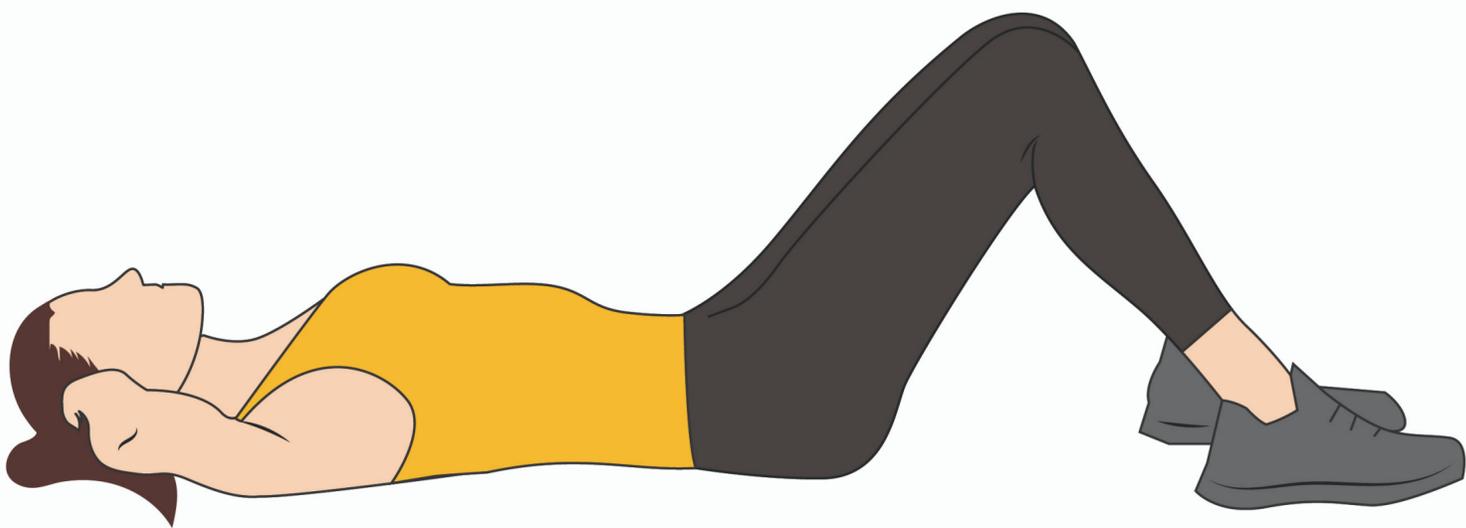
1. Stand with your feet hip-width and take the exercise stick onto your shoulders. Squeeze your shoulder blades lightly together.
2. Move your hips back, knees lightly bent and tilt your upper body downwards while inhaling. Don't let lower back get rounded. Maintain a neutral pelvic position with the support of the abdominal muscles. Align the knees to be parallel to the feet.
3. Extend your back straight by focusing your on extending your hips. During the ascent, exhale and squeeze your glutes tight on the end of the movement



Crunches

Series: 1 Repetition: max

1. Lie on your back and place your knees at a 90 degree angle. Bring your hands slightly together behind your head. 2. Inhale.
3. During exhalation, activate the abdomen by pulling your naval in and activating pelvic floor muscles and lift your head and upper body off the floor. Don't pull your neck with your hands.
4. Slowly lower your upper body down while inhaling and relax the abdominal and pelvic floor muscles.



Bird dog

Series: 1 Repetition: 10-15

1. Position yourself onto your hands and knees and your neck/head being in neutral position. Tighten your core muscles.
2. Inhale and during exhale, extend one hand forward and the opposite leg straight back without the hip tilting or rotating.
3. Inhale and exhale while returning the arm and the leg to the starting position.
4. Repeat the movement with the opposite hand and leg.



Shoulder presses with resistance band

Series: 1 Repetition: 10-15

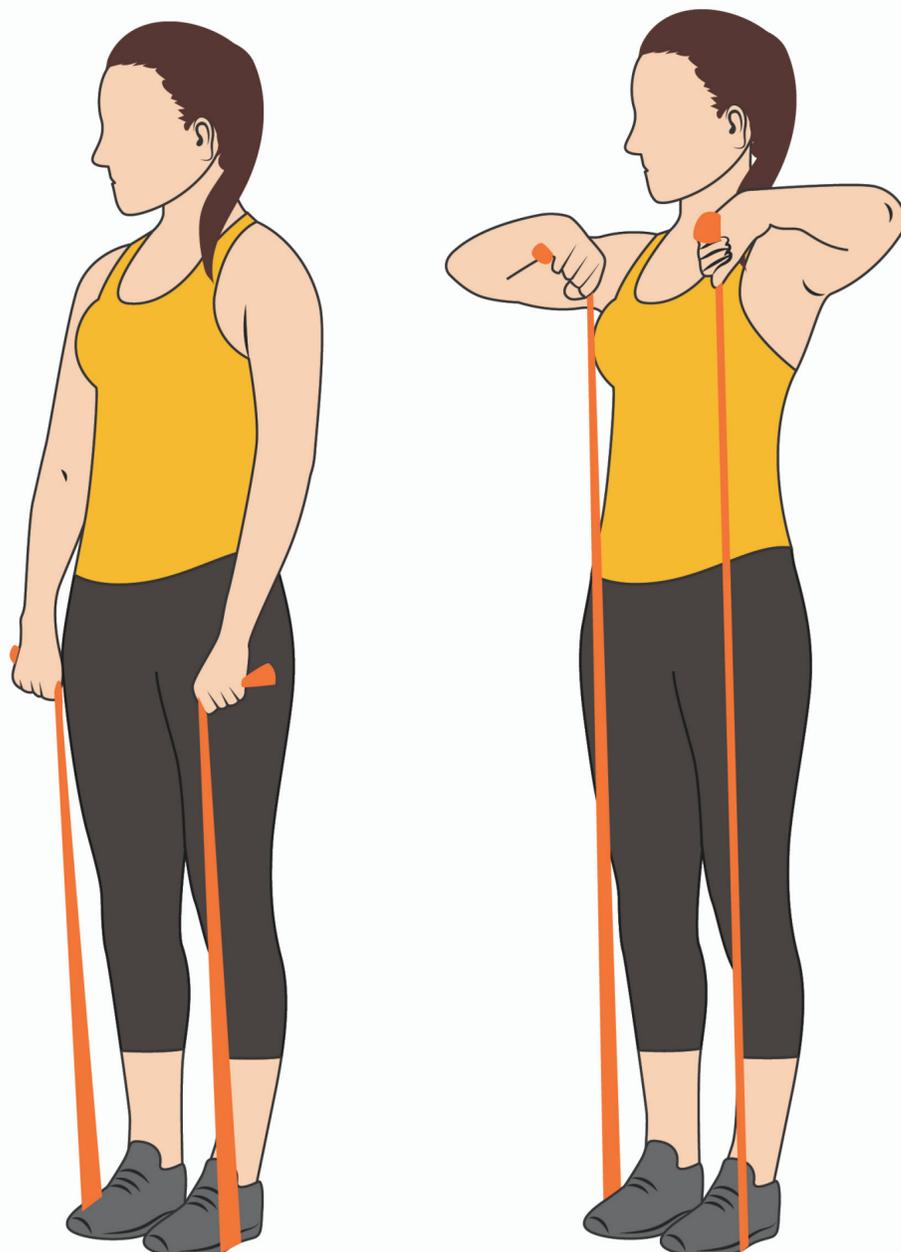
1. Place the resistance band on the bench and sit on it. Grasp the ends of the band and raise your hands to shoulder level. Tighten your core muscles. Breath in.
2. Extend your arms straight over your head while exhaling. Hold your hips stationary throughout the execution.
3. Lower your hands with a controlled movement to the starting position while inhaling.



Vertical rows with resistance band

Series: 1 Repetition: 10-15

1. Stand on the resistance band and grasp the ends of the band. Tighten your core. Inhale.
2. Raise your hands in front of your body upwards as your elbows move to the sides. Stop the movement at the shoulder line. Exhale during lifting.
3. Move your hands back down next to your body while inhaling.



Horizontal rows with resistance band

Series: 1 Repetition: 10-15

1. Sit on the ground in a good posture and grasp the ends of the resistance band, which goes through the bottoms of your feet.
2. Allow your hands to stretch out straight in front of your body so that your shoulder blades slide to the sides. The lower back retains a natural arch. Breathe in.
3. Extend your torso from the hips while pulling your shoulders back. Continue the movement of the arms, bending the elbows as they pass close to the sides of your back. Exhale during the pull.
4. Allow your arms to stretch out back straight and your upper back to round. Inhale at the same time.

