

Work through your body at home

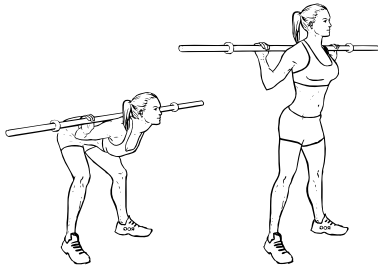
17 min · Abs, Back, Legs



Kata P.

3 rounds of 10 reps

Barbell Good Mornings

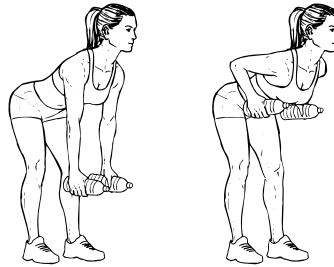


1:00
rest

2 sets 10 reps 30 sec rest

no weights : use a broom stick or put your hands on the back of your neck

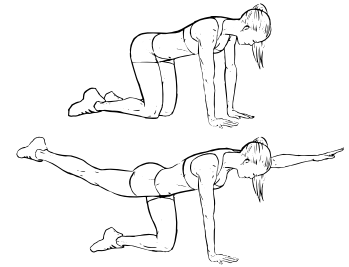
Water Bottle Rows



1:00
rest

2 sets 10 reps 30 sec rest

Bird Dogs

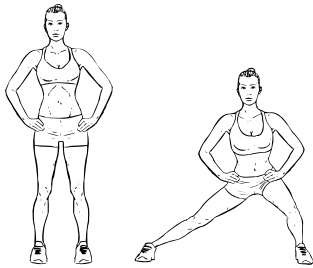


1:00
rest

2 sets 10 reps 30 sec rest

Do 10 on each side before resting. Make sure that your back stays straight

Lateral Lunges

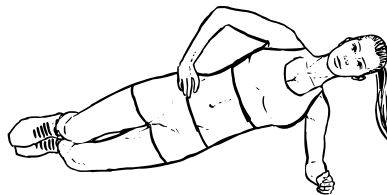


1:00
rest

2 sets 10 reps 30 sec rest

Start with small steps and as you progress, step further out and go deeper into the split squat

Modified Side Planks

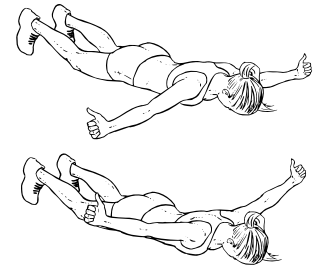


1:00
rest

2 sets 20 secs 30 sec rest

do both sides before the rest

Floor T Raises



2 sets 10 reps 30 sec rest



Barbell Good Mornings

Primary muscle group(s):

Lower Back

Secondary:

Abs, Glutes & Hip Flexors, Hamstrings

Using a squat or barbell rack, set the barbell at shoulder height.

Position yourself so the barbell is resting on your shoulders and you are facing away from the rack.

Stand up to lift the barbell clear of the rack and take a few steps away from the rack.

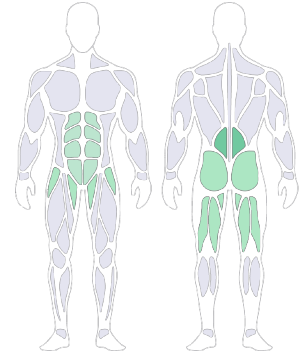
Position your feet slightly less than shoulder width apart.

Keep your legs straight and bend forward at the hips.

Continue bending forward until you feel a mild stretch in your hamstrings. (Do not try to bend past the mild stretching sensation. As flexibility increases so does the range of motion.) Hold for a count of one.

Return to the starting position by straightening from the hips. Repeat.

⚠ Start with lower weights when performing this exercise for the first few times to allow your body to adapt to the movement. This exercise can also be done with your knees slightly bent to emphasize use of your glutes.



Bent Over Two-Armed Water Bottle Rows

Primary muscle group(s):

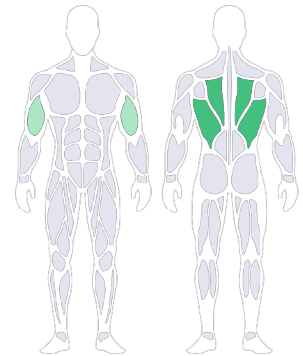
Middle Back / Lats, Upper Back & Lower Traps

Secondary:

Biceps

Stand tall with a tight core and flat back. Hold a pair of water bottles at your side with an overhand grip. Bend slightly at the knees as you push your hips back. Keep your chest and head up. Upper body should be almost parallel with the floor.

With your elbows at a 60-degree angle, bring the water bottles up. Pause when your upper arm is parallel with the floor. Contract the muscle then slowly return the water bottles to the starting point.



Bird Dogs / Alternating Reach & Kickbacks

Primary muscle group(s):

Abs, Lower Back

Secondary:

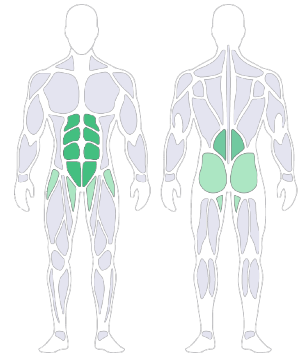
Glutes & Hip Flexors

Position yourself on all fours with knees underneath the hips and wrists under the shoulders.

Engage your abs and keep your spine neutral, pulling the shoulder blades towards the hips.

Lengthen the left leg until it is straight out and in line with your hips while simultaneously raising and straightening your right arm until it is parallel to the floor. Keep your head and shoulders aligned at all times.

Gently lower your arm and leg back to the starting position and alternate with the other arm and leg.



Bodyweight Side Steps / Lateral Lunges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

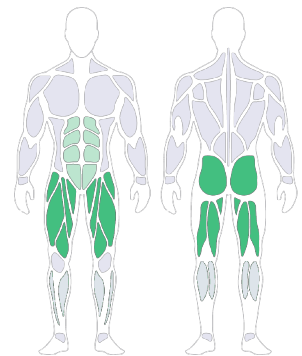
Secondary:

Abs, Calves

Stand tall with a tight core and make sure your feet are shoulder-width apart. Bring your hands together for balance.

Step directly to the left, leaving your right foot in place. Bend the left knee and pause once the upper left thigh is parallel to the ground. Your right leg should be completely straight.

Contract the hamstring muscle then push off the ground to return to the starting position. Repeat on the right side. Alternate this movement.



Modified Side Planks

Primary muscle group(s):

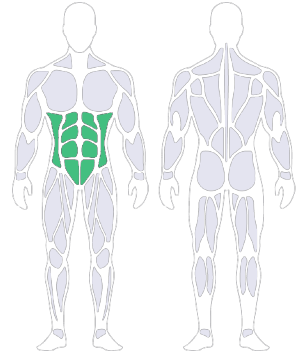
Abs, Obliques

Kneel on a yoga/exercise mat or towel with your feet out behind you.

Slowly lower yourself down to one side and ground your elbow and forearm so that it runs perpendicular to your body.

Embrace your core and hold this modified side plank for the designated amount of time.

Perform the same movement on the other side!



Floor T Raises / Back Flyes

Primary muscle group(s):

Middle Back / Lats, Upper Back & Lower Traps

Secondary:

Shoulders

Lay on a yoga/exercise mat or towel with your arms outstretched, palms down, either side of your body (your body should look like a perfect T from above).

Simultaneously lift both arms off the ground to semi-full flexion and pinch your upper back together; hold for a full second.

Slowly lower both arms back to the ground to complete a full rep.

