

Strength-training at home

Spring 2020

My goals (YMMV):

- Main: preserve strength and muscle mass
- Secondary: use this as an opportunity to do corrective exercises, let injuries heal, train other aspects of athleticism (explosiveness, endurance), etc.

To keep things as close as possible to my normal routine (YMMV):

- Whenever possible, start with compound movements
- Whenever possible, overload with weight (e.g., backpack or bags filled w/weights, water jugs, duffel bag filled with anything)
- Take every set to failure or near-failure
- Use various ways of making lighter weights more challenging to keep rep ranges fairly low: unilateral movements, 1.5 reps, slow reps, paused reps, increased range of motion, shortened rest periods, shifted balance, etc.

My at-home workout videos on YouTube:

https://www.youtube.com/playlist?list=PLA_PTxtMZnHk8vh3av2uCD8L6m1MBKZc4

External sources for inspiration:

- Athlean-X's at-home training cycle: <https://www.youtube.com/vc1E5CfRfos>
- 29 home exercise hacks from Athlean-X: <https://youtu.be/wKIK17aS2T4>
- Athlean-X on better versions of bodyweight exercises: <https://www.youtube.com/8IYm8OFbzOE>
- 33 push-up variations from Athlean-X: https://www.youtube.com/XqPe_iAm8ll
- More ideas for at-home workouts from Athlean-X: <https://youtu.be/MpBikq-E3o>
- FACE PULLS NO MATTER WHAT from Athlean-X: <https://youtu.be/l-XpxwHqc8g>
- 10 worst at-home workout mistakes from Athlean-X: <https://youtu.be/HTpsh-zugOI>
- Jeff Nippard's tips on training at home: <https://www.youtube.com/-MRNjTr6xrE>
- Alan Thrall's at-home workouts: <https://www.youtube.com/JRaZLdBb3W8> and <https://www.youtube.com/ggvKP6Of6zw>
- MegSquats' full body bodyweight workout: https://youtu.be/_4nmM7n3ggg
- VitruvianPhysique's push at-home workout: <https://youtu.be/bG4Oy0h1LKI>

Exercise inventory:

Upper body (alternate pull and push exercises, at least for heavier movements):

- Pull:
 - Pull-up/chin-up (weighted version: bag w/longer strap on hips)
 - Inverted desk rows w/feet elevated (harder) or on the ground (easier)
 - Rows: backpack, bags, water jugs, band

- Bicep curls: backpack, bags, water jugs, band
- Band face pulls
- Push:
 - More challenging push-up variations:
 - Weighted w/backpack
 - Plyo
 - Increased range of motion (e.g., hands on book stacks)
 - Pike push-up
 - Feet elevated
 - Push-up rows
 - One-arm push-up
 - Overhead press: backpack, bags, band
 - Lateral raises: bags, lighter weights for 1.5 reps, unbalanced weights (e.g., grab a dumbbell by its end, use water jugs as weights, etc.), band
 - Dips between two chairs
 - Bench dips w/feet elevated (harder) or on the ground (easier); see also Athlean-X on hand position to avoid shoulder injury: <https://youtu.be/8lYm8OFbzOE?t=33>

Lower body (balance out anterior and posterior chain-focused exercises):

- Squat variations:
 - Single leg squats: (assisted) pistol squats, single leg box squats
 - Bulgarian split squats w/weights (stay upright for more anterior chain focus, lean forward for more posterior chain focus)
 - Squats w/backpack (back or front)
 - Cossack squats w/backpack (back or front) or overhead weights
- Hip hinge movements:
 - Single leg hip thrust (banded; w/backpack in lap; single leg)
 - Elevated glute bridge (banded; single leg)
 - Slick floor bridge curl (<https://youtu.be/vc1E5CfRfos?t=642>)
 - Long leg march (<https://youtu.be/vc1E5CfRfos?t=672>)
- Other:
 - Lunges in place w/weights in various planes (low or overhead)
 - Walking lunges w/weights (low or overhead)
 - Step-ups w/weights (low or overhead)
 - Single-leg Romanian deadlift w/weights
 - Good-mornings w/backpack
 - Nordic ham curls
- Lower-body/full-body:
 - Overhead squats w/coffee table
 - Squat push press w/backpack (unilateral or alternating) or water jugs
 - Deadlift w/duffel bag

Corrective exercises for back and posterior chain:

- Supermans
- Angels & devils (<https://youtu.be/vc1E5CfRfos?t=585>)
- Reverse hyperextension

Core:

- Spinal flexion:
 - Lying/hanging straight leg/knee raises
 - Dragon flag (focus on eccentric if too hard)
 - (Weighted) sit-ups
 - V sit-ups
 - Ab rollouts w/rags
 - Sliding pikes w/rags
- Rotation:
 - Lying/hanging windshield wipers
 - Lying/hanging oblique leg/knee raises
 - Band pressouts
- Circuit:
 - Athlean-X circuit ab workout #1: <https://youtu.be/kYQrzZdIII8>
 - Athlean-X circuit ab workout #2: <https://youtu.be/F6PhNnlb-14>
- Trunk stability: single and double-arm carries (farmer walks, overhead carries)

Sample 6-day cycle:

Actual cycle I ran on May 2--7, almost two months into quarantine (weights in lbs):

5/2/2020: UPPER

handstand: 4 attempts, ~5sec max

one-arm push-up: elevated 10/left + 6/right, assisted 8/left + 6/right, unassisted 4/left + 2/right, elevated 8/right

bodyweight chin-up: 8, 8, 8

dips between two chairs: 9, 8, 8

inverted desk row: 15, 15, 12

bicep curls w/1 water jug/side simultaneous: supinated 15, 12, hammer 12

V sit-ups: straight legs 12, 12, bent knee 12, 12

5/3/2020: LOWER

squat w/backpack (weight includes backpack): ~47x15, ~47x15, paused ~47x15

elevated glute bridge: 2-leg w/red band 20, 1-leg 15/side, 15/side

walking lunges: ~35--40 steps, ~35--40 steps

slick floor bridge curls: 12, 12, 12

hanging leg/knee raises: leg straight 10, 10, knee oblique 5/side

5/4/2020: UPPER

handstand: 4 attempts, ~2--3 sec max
weighted push-up (weight excludes backpack): 21x6, 26x6, 32x5, 26x7
bodyweight pull-up: 7, 7, 7
decline push-up: 12, 12
face pulls: w/red band 15, 15, 15
lateral raises: w/red band 10/side, 10/side, w/orange band simultaneous 10
Athlean-X circuit ab workout #2

5/5/2020: LOWER

handstand: 3 attempts, ~2--3 sec max
overhead squat w/coffee table: 15, 15, 15
hip thrust: 2-leg w/red band 15, 16, 15
pistol squat: 8/side, 8/side
Nordic ham curls: 12, 12, 12
rotating plank w/8lb dumbbells: hold ~5sec 5/side, hold ~10sec 3/side, hold ~10sec 3/side

5/6/2020: UPPER

handstand: 4 attempts, ~1--2 sec max
one-arm push-up: elevated 8/left + 8/right, assisted 8/left + 6/right, unassisted 5/left + 3/right, assisted 6/right
bodyweight chin-up: 7, 7, 7
pike push-up w/increased ROM: 8, 8, 8
inverted desk row: 15, 15, 12
V sit-ups + bicep curls w/1 water jug/side simultaneous: straight legs 12 + inner supinated 12, 12 + outer supinated 12, bent knee 20 + hammer 12

5/7/2020: LOWER

handstand: 3 attempts, ~1sec max
squat w/backpack (weight includes backpack): ~48x15, 1.5 reps ~48x7, ~48x7
elevated glute bridge: 2-leg w/red band 20, 20, 1-leg 15/side
cossack squat w/1 water jug/side overhead: 8/side, 8/side, 8/side
hanging leg/knee raises: leg straight 10, 10, knee oblique 5/side