Looking for a new bodyweight home workout that you’ll love? via GIPHY We’ve got it for you from Motivate — experts in one-on-one online wellness and personal training. Over the past 4 years they’ve helped thousands of clients with private training in London, and since last spring have trained hundreds of clients digitally. via GIPHY Today, they’re sharing a bodyweight home workout we can all do from the comfort of our living rooms … or basements … or bedrooms … or wherever you may be! via GIPHY Most of us are unfortunately still stuck at home, despite the celebration of the New Year and the hope 2021 brings. Despite this, we can still reach our 2021 goals! It is so important to stay active during these strange times, wherever you are. We have a fantastic and effective equipment-free home workout for you by our superstar Tash to try that is suitable for all levels of fitness. The workout is in a circuit format, so perform each exercise back to back with as little rest in between the exercises as possible, and repeat the circuit three to four times. In between laps of the circuit, rest between 60-90 seconds. If you have weights or resistance bands with you at home, feel free to incorporate them! Bodyweight Squat: 8-10 reps via GIPHY This foundational compound exercise works your whole lower body. Bodyweight Reverse Lunge: 6-8 reps each side via GIPHY This is another great exercise for the lower body which is really effective using just body weight as you are placing more load on one leg! Good Morning: 8-10 reps This is a really effective full body exercise which targets your posterior chain — all the way from your lower back to your hamstrings. (See it here.) Push-up: 8-10 reps via GIPHY This is a fantastic upper-body exercise that will get your upper-body strength up in no time! Plank Opposite Shoulder Taps: 10-12 reps This exercise works your core, shoulders, and chest — a great multitasker! (See it here.) Lying Leg Raises: 8-10 reps This is the ultimate ab exercise to really strengthen and engage your lower abs. (See it here.) Depending on your fitness level, you should repeat this circuit of exercises between three to five times. If you are finding it too easy, increase the number of reps! To ensure you are progressing with your workouts, repeat this circuit one to two times per week, adding weight or increasing reps every time you perform the same exercise. And, don’t forget to stretch afterwards! —Tash with Motivate FTC disclosure: We often receive products from companies to review. All thoughts and opinions are always entirely our own. Unless otherwise stated, we have received no compensation for our review and the content is purely editorial. Affiliate links may be included. If you purchase something through one of those links we may receive a small commission. Thanks for your support! Good article, very helpful. Useful Content. Thanks a lot for the info!