



COVID-19

HOME WORKOUT PLAN

Rachel Baca, CPT
@repswithrach

**Today is a good day to get moving!
No gym? No Problem.**

Featuring workouts using little to no equipment



Exercise is Important

DON'T MAKE EXCUSES

Being stuck at home does not mean you have to skip your workouts! Exercise is critical during this worrisome time, providing relief from anxiety, preventing muscle loss and fat gain, increasing sleep quality, and boosting your immune system.

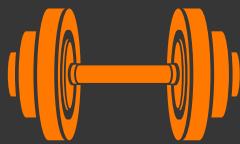
This guide provides **15 different workouts** you can do in your living room. No fancy equipment needed.

All you need:

- Some floor space
 - Couch
 - Coffee table
- 2 weighted objects (eg. soup cans, filled water bottles, wine bottles, etc)
- Optional: Small towel, backpack, pair of dumbbells, resistance bands



Photographer & Editor: Isabella Cervantes



Contents

MINIMALIST

4. **Workout #1**
5. **Workout #2**
6. **Workout #3**
7. **Workout #4**
8. **Workout #5**
9. **Workout #6**
10. **Workout #7**
11. **Workout #8**
12. **Workout #9**
13. **Workout #10**

HIGH INTENSITY INTERVAL TRAINING (HIIT)

14. **Workout #1**
15. **Workout #2**

DUMBBELL ONLY

16. **Workout #1**
17. **Workout #2**

RESISTANCE BANDS

18. **Workout #1**

PHOTO EXPLANATIONS FOR SELECTED EXERCISES**

- 19-20.

Minimalist

Workout

NUMBER 1

REST FOR 1-2 MINS
AFTER COMPLETING
EXERCISES 1-5
REPEAT X 3-5

EXERCISE 1

20 Hip Thrusts**

- Place feet shoulder-width apart on floor, back on couch.
- Hinge at the hips, moving them toward the floor
- Using your glutes, bring hips up toward ceiling again.



EXERCISE 2

20 Shoulder Taps

- Pushup position.
- Touch R hand to L shoulder, back to starting position.
- Switch and repeat.

EXERCISE 3

15 Supermans

- Lay on stomach with arms outstretched in front.
- Simultaneously raise arms, trunk, and lower body.
- Lower back down and repeat.

EXERCISE 4

10 Bear Crawl Burpees

- Start standing, walk hands out to pushup position, pushup.
- Walk hands back to feet.
- Jump.

EXERCISE 5

15 Leg Lowers

- Lay down on floor with head and shoulders resting.
- Legs are straight and positioned up toward the ceiling (90 degree angle).
- Lower legs down to hover 2" above the ground, Raise back to starting position.

Minimalist Workout

NUMBER 2

EQUIPMENT NEEDED:
- COUCH
- BACKPACK W/ BOOKS INSIDE
- 2 WEIGHTED OBJECTS

REST FOR 1-2 MINS AFTER
COMPLETING EXERCISES 1-5
REPEAT X 3-5

EXERCISE 1

15 Weighted Couch Squats

- Put backpack on, sit on edge of couch, feet slightly wider than shoulders.
- Driving through the heels, stand up from seated position.
- For added challenge: turn it into a jump!

EXERCISE 2

20 Overhead Presses (w/ weighted objects)

- Hold objects in hands, Raise arms to the sides, parallel with floor, bending 90 degrees at the elbow (like a football goal post).
- Raise objects straight above and back to starting position.

EXERCISE 3

20 Bent Over Rows (w/ weighted objects)

- Stand upright, feet shoulder-width apart. Bend trunk over feet, almost parallel w/ the floor, slight bend in knees.
- Hands outstretched toward floor, palms facing each other. Pull elbows back to be by side, squeezing the back. Return to starting position.

EXERCISE 4

45 secs Mountainclimbers + Pushups

- Pushup position, start running in place, bringing knees towards arms (x10).
- 5 pushups.
- Repeat for the full 45 secs.

EXERCISE 5

15 Full Body Crunches

- Lay down on floor with arms and feet outstretched.
- Simultaneously bring knees and arms together, forming a little ball.
- Return to starting position and repeat.

EQUIPMENT NEEDED:

- COUCH

- COFFEE TABLE

Minimalist

Workout

NUMBER 3

REST FOR 1-2 MINS AFTER
COMPLETING EXERCISES 1-5
REPEAT X 3-5

EXERCISE 1

10 Step, Step, Jump

- Start sitting on knees.
- Bring R foot up to a lunge, Next L foot up to be in a squat. Jump!
- One leg at a time, return to starting position.

EXERCISE 2

15 Dips

- Sit just past edge of coffee table, hands gripping edge.
- Lower yourself down so your arms reach a 90 degree angle.
- Extend arms back to starting position.

EXERCISE 3

12 Bulgarian Split Squats (each leg)

- Stand in front of couch. Place top of one foot on the couch.
- With body weight directed over the heel of the front foot, lunge down, past parallel. Return to starting position and repeat.

EXERCISE 4

45 secs Shoulder External rotations

- Position arms at a 90 degree angle with elbows by your side and palms facing each other.
- Rotate both forearms so hands now face front wall, keeping elbows at side.

EXERCISE 5

20 Plank twists

- Start in pushup position. Bring L arm up toward ceiling, body facing L wall (one-armed side plank). Return to pushup position.
- Repeat with R side.

EQUIPMENT NEEDED:

- COUCH
- 2 WEIGHTED OBJECTS

Minimalist Workout

NUMBER 4

REST FOR 1-2 MINS AFTER
COMPLETING EXERCISES 1-5
REPEAT X 3-5

EXERCISE 1

16 Sprinter Pulls**

- Start in a lunge, bring back foot forward into the air (like you're mid-run). Swing arms to help with the motion
- Return same leg back to the starting position. Repeat x8 then switch legs.

EXERCISE 2

20 Romanian Deadlifts**

- Stand holding your weighted objects on the front of your thighs.
- Keep your legs relatively straight and hinge back at the hips while you lower the weights down your legs till you feel a stretch. Slowly reverse the movement.

EXERCISE 3

10 Tricep Pushups**

- Angle elbows towards the back of the room. Hands should be under your shoulders and elbows graze your sides on the way down.
- Modification: do knee tricep pushups.

EXERCISE 4

20 Lower Ab "U's"

- Lay on back with hands using couch for support.
- With legs straight, go back and forth forming a "U" with your feet, avoiding the ground at the bottom and keeping your back flat against the ground.

EXERCISE 5

20 Three-Legged Dog Swings

- Start in Downward Dog. Raise L leg toward ceiling (3-legged dog).
- In one motion shift weight forward while bringing L knee between shoulders.
- Return to starting position and repeat on opposite side.

EQUIPMENT NEEDED:
- 2 WEIGHTED OBJECTS

Minimalist Workout

NUMBER 5

REST FOR 1-2 MINS AFTER
COMPLETING EXERCISES 1-5
REPEAT X 3-5

EXERCISE 1

16 180-Degree Squat jumps

- Squat jump, and while mid-air jump 180 degrees, landing in another squat.

EXERCISE 2

20 Chest Fly's

- Lay down on ground w/ weighted objects outstretched in front of your chest, barely touching.
- With arms SLIGHTLY bent, lower arms towards the ground. Return to top, squeezing chest as hands come closer together.

EXERCISE 3

20 Side Lying Arm Rotations

- Lay down with L arm holding weighted object outstretched like above exercise.
- Rotate body onto R side while keeping L arm in the same position.
- Return L side of body back to the floor and repeat on the other side.

EXERCISE 4

20 Lunges with Glute Kickback

- Lunge with R leg in front.
- Step forward onto R leg and kick L leg behind, squeezing the glute.
- 10 on each side.

EXERCISE 5

20 Side Plank Crunches

- Get into a side plank position, preferably on you hand.
- Outstretch free arm above head and then side crunch, bending knee and elbow together.

EQUIPMENT NEEDED:

- COUCH

- 2 WEIGHTED OBJECTS

Minimalist

Workout

NUMBER 6

EXERCISES 1 & 2

REST FOR 1-2 MINS AFTER
COMPLETING EXERCISES 1-6
REPEAT X 3-5

20 Switch Lunges

- Lunge with R leg forward, jump and switch so L leg in front. Repeat.

20 Elevated Glute Bridges

- Lay on floor with feet on couch. Drive hips towards ceiling w/ weight in heels.

EXERCISE 3

20 Lateral Raises

- Hold weighted objects in both hands at your side.
- Raise arms simultaneously, in the same plane as your body, becoming parallel with the floor. Maintain a small bend in the elbow. Lower back to your sides.

EXERCISE 4

20 Hex Presses

- Lay down on the floor with knees bent, feet on the floor. Arms outstretched, holding weighted objects.
- Bend objects down to touch the chest and back up to starting position, maintaining contact between the objects the whole time.

EXERCISE 5

20 Back Extensions

- Lay on floor, belly on the ground with hands behind your ears.
- Using your back muscles, raise head and upper body off the ground, keeping pelvis and legs on the ground. Lower back to the ground.

EXERCISE 6

40 Bicycle Crunches

- Lay on back with hands behind your ears. Keep L leg straight, R leg bent.
- Touch L elbow to R knee and then switch, touching R elbow to L knee.

EQUIPMENT NEEDED:

- COUCH
- 2 WEIGHTED OBJECTS
- BACKPACK

Minimalist Workout

NUMBER 7

EXERCISES 1 & 2

REST FOR 1-2 MINS AFTER
COMPLETING EXERCISES 1-7
REPEAT X 3-5

20 Curtsy Lunges**

30 Jumping Jacks

EXERCISE 3

30 Planks with Object Slide

- Get into a plank position (on hands). Place 1 weighted object on floor by L hand.
- Use R hand to slide object to R side. Repeat with L hand.

EXERCISE 4 & 5

15 Single Leg Hip Thrusts

- Place back on couch and 1 foot on ground. Perform a hip thrust with 1 leg in the air.

15 Knee Pushups

- Place hands wide than shoulders and use knees to assist with the pushups.

EXERCISE 6

30 Bent Over Backpack Row

- Stand up, holding weighted backpack.
- Bend over so your trunk is almost parallel with the floor.
- Keeping elbows by your side, bring backpack towards your stomach and then back towards the floor again. Repeat.

EXERCISE 7

20 Alternating Toe Taps

- Lay on back with hands outstretched above your head.
- In one motion, touch your R hand to your L leg and bring back to lying position. Repeat with L hand to R leg.

EQUIPMENT NEEDED:

- COUCH
- SMALL TOWEL

Minimalist Workout

NUMBER 8

REST FOR 1-2 MINS AFTER
COMPLETING EXERCISES 1-6
REPEAT X 3-5

EXERCISES 1 & 2

20 Squat Jumps

20 Full Body Sit-ups

- Sit-ups but keep your legs straight and try and touch your toes.

EXERCISE 3

20 Couch Pistol Squats

- Sit on edge of couch, with 1 foot on ground and other leg extended.
- Stand up using only 1 leg.

EXERCISE 4

20 Sec Handstand

- Use a free wall for support (don't be knocking over any pictures!).
- Modification: put feet on couch and hands on floor.

EXERCISE 5

20 Towel Lat Squeeze

- Lay on stomach on the floor, with arms outstretched in front, holding towel ends.
 - In one controlled motion, bring towel down behind your head, squeezing your lats.
- Return to starting position and repeat.

EXERCISE 6

30 secs Side-to-Side Pushup Walks

- Get into pushup position and perform a pushup.
- Use hands and feet to move 2 steps to R side.
- Perform another pushup and then move 2 steps to L side.

Minimalist Workout

NUMBER 9

EQUIPMENT NEEDED:

- COUCH

REST FOR 1-2 MINS AFTER
COMPLETING EXERCISES 1-6
REPEAT X 3-5

EXERCISES 1 & 2

30 Lunges

10 Burpees

EXERCISE 3

20 Bird Dogs

- Get on all fours.
- Simultaneously raise L arm in front and R leg in back. Return to all fours.
- Complete 10 and then switch to R arm and L leg.

EXERCISE 4

10 Decline Couch Pushups

- Put your feet on the couch and hands on the floor.

EXERCISE 5

20 Good Mornings

- Stand on ground with hands behind your ears.
- Slowly lean trunk forward while hinging back at the hips, keeping a straight back and relatively straight legs.
- Once you feel a stretch, reverse the movement slowly back to standing and repeat.

EXERCISE 6

30 secs Hollow-Body Hold

- Get on the floor.
- Keeping only your butt on the ground, hold both your feet and upper body 6" from the ground, engaging your abs.

EQUIPMENT NEEDED:

- COUCH
- COFFEE TABLE
- 1 WEIGHTED OBJECT

Minimalist Workout

NUMBER 10

EXERCISES 1

20 Couch Squat Jumps

- Sit on edge of couch with feet on the floor.
- Jump up, driving through the heels.
- Return back to the couch and repeat.

REST FOR 1-2 MINS AFTER
COMPLETING EXERCISES 1-6
REPEAT X 3-5

EXERCISE 2

20 Plank "Down-Down-Up-Up's"

- Get into a plank position (on hands).
- Bring R elbow down, L elbow down (now in plank position on elbows).
- Put R hand down, L hand down, returning to original plank. Repeat on L side.

EXERCISE 4

50 Lying Hip Abduction Raises

- Lie on your side with legs outstretched.
- Raise top foot several inches and return back down. Repeat x25 and then switch sides.

EXERCISE 5

20 Dips

- Use coffee table to place your hands.

EXERCISE 6

40 Russian twists

- Use weighted object.

HIIT

Workout

NUMBER 1

OPTIONS:

30 SECS ON:30 SECS REST
OR 45 SECS ON:30 SEC REST

CIRCUIT 1

1. Squat jumps
2. Bear crawl to pushup position and back
3. Lunges with arm reach to the sky**
4. Bicycle crunches

Rest for 1 min.

Repeat whole circuit 3-4x before moving on to Circuit 2.

CIRCUIT 2

1. Burpees
2. R Curtsy lunge, sumo squat, L curtsy lunge, sumo squat**
3. Plank twists
 - Pushup position, reach R hand to ceiling, back to floor, L hand to ceiling.
4. Toe Taps
 - Lay on back, legs pointing towards ceiling (body 90 degree position).

Rest for 1 min.

Repeat whole circuit 3-4x.

EQUIPMENT NEEDED:

- COUCH

HIIT

Workout

NUMBER 2

CIRCUIT 1

1. Couch jumps
 - Sit at edge of couch, feet on floor. Jump up and return to couch. Repeat.
2. Elevated pushups
 - Perform pushups while your feet are on the couch.
3. Single Leg Hip Thrusts
 - Use couch as support for your back.
4. Sit-ups

Rest for 1 min.

Repeat whole circuit 3-4x before moving on to Circuit 2.

CIRCUIT 2

1. Switch Jump Lunges
2. Advanced Bird Dogs
 - Pushup position. Raise R arm and L leg. Then raise L arm and R leg. Repeat.
3. Leg Lowers
 - Use couch for support of your hands.
4. Down, Down, Up, Up's
 - Pushup position. Down to R elbow, Down to L elbow, Up onto R hand, Up onto L hand. Repeat.

Rest for 1 min.

Repeat whole circuit 3-4x.

OPTIONS:

**30 SECS ON:30 SECS REST
OR 45 SECS ON:30 SEC REST**

EQUIPMENT NEEDED:
- 2 DUMBBELLS (DB)

Dumbbell

Workout

NUMBER 1

REST FOR 1-2 MINS AFTER
COMPLETING EXERCISES 1-5
REPEAT X 3-5

EXERCISE 1

20 Squat & Press

- Hold DBs in hands in front of your shoulders, elbows bent.
- Perform a squat, and when you stand up, raise arms to ceiling.
- Bring arms down and then go into your next squat.

EXERCISE 2

20 Plank Rows

- Get into a pushup position while holding DBs.
- While keeping body steady bring R elbow back to be by your side and back to floor. Repeat on L side.

EXERCISE 3

20 DB Floor Press

- Lay down on ground holding DBs in hands outstretched in front of chest.
- Perform a chest press, bringing elbows to lightly touch the ground and then back to starting position.

EXERCISE 4

20 Toe Taps

- Lie on ground with legs straight up in air (body making a 90 degree angle).
- Hold a single DB with both hands and use your abs to try and touch the DB to your toes and then back down.

EXERCISE 5

15 Bicep Curls

EQUIPMENT NEEDED:
- 2 DUMBBELLS (DB)

Dumbbell

Workout

NUMBER 2

REST FOR 1-2 MINS AFTER
COMPLETING EXERCISES 1-5
REPEAT X 3-5

EXERCISE 1

20 R Curtsy Lunge, Sumo Squat, L Curtsy Lunge**

- Sumo squat = wide-stanced squat, toes pointed outwards.
- Hold single DB in whatever position feels comfortable.

EXERCISE 2

15 Bicep Curl + Arnold Press

- Arnold press** = Hold DB's in front of you with arms bent, hands facing you. raise arms above, turning hands 180 degrees so once they reach the top, palms are facing away from you. Return to starting position.

EXERCISE 3

15 Romanian Deadlift (RDL)**

- Stand holding DB's in front of your thighs.
- Keep your legs relatively straight and hinge back at the hips while you lower DB's down your legs till you feel a stretch. Slowly reverse the movement.

EXERCISE 4

20 DB slides + Optional Pushup

- Get into a plank position (on hands). Place 1 DB on floor by L hand.
- Use R hand to slide object to R side. Optional pushup. Repeat with L hand.

EXERCISE 5

40 Russian twists

- Use single DB.

Resistance

Band Workout

NUMBER 1

EQUIPMENT NEEDED:

- 1 RESISTANCE BAND

REST FOR 1-2 MINS AFTER
COMPLETING EXERCISES 1-5
REPEAT X 3-5

EXERCISE 1

30 Banded Lunges



EXERCISE 2

30 Banded Single Romanian Deadlifts



EXERCISE 3

40 Banded Rows



EXERCISE 4

10 Banded Pushups



EXERCISE 5

25 Band Pull Aparts



****Selected Exercise Demonstrations**

Starting

PUSHUPS

Normal pushup



Tricep Pushup

HIP THRUST

Can lift one leg to perform single leg variation



SPRINTER PULLS

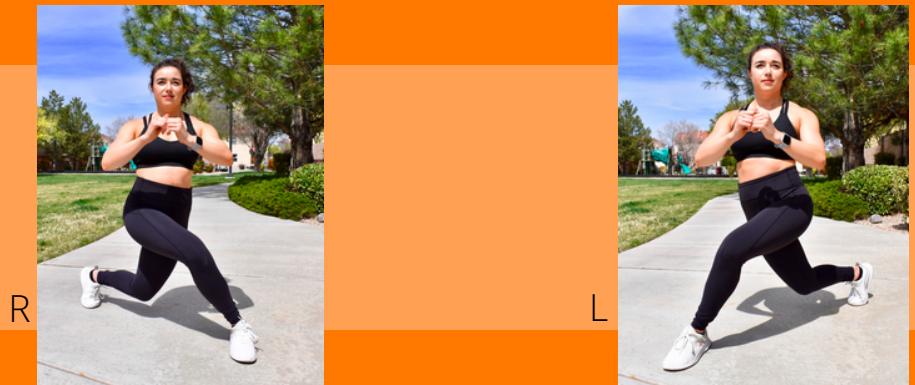


ROMANIAN DEADLIFTS (RDL'S)



****Selected Exercise Demonstrations**

CURTSY LUNGE



SUMO SQUAT

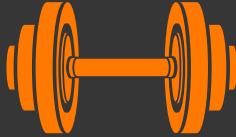


ARNOLD PRESS



**LUNGE W/ ARM REACH
TO SKY**





Tips for avoiding the "Quarantine Fifteen"

DON'T MAKE EXCUSES

1. Do an at home workout 4-6x/week (bonus points if you can do them outside)!
2. Put on some music/podcast and go for a long walk at least 3x/week
3. Track what you are eating. MyFitnessPal or Cronometer are two good apps to keep track of your intake. Tracking makes you more conscious what you consume and less likely to wander to the fridge and sneak a bite here and there (those all add up!)
4. Try intermittent fasting if you've never tried it. My favorite way to go is a 8 hour eating window (eg. eat all my calories between 12-8pm).
5. Don't buy unhealthy foods you're going to feel guilty about eating. If it's in your house, you're going to eat it.
6. Do NOT bring food with you to the couch. Mindless eating is an easy way to pack on the pounds.
7. For every Netflix show you watch, do 1 min of jumping jacks, pushups, run up and down the stairs, etc.

If you have any questions, please call/text 505-918-5774 or email rachel.claire.baca@gmail.com