

# Strength Training at Home with No Equipment

*Cultivate physical strength and wellness with brief  
bodyweight exercises and the Tiny Habits® Method*

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## *Safety First* | Talk with your doctor before starting if:

1. Your doctor told you that you have a **heart condition** *and* that **you should only do physical activity recommended by a doctor**, *or*
2. You feel **chest pain** when you do physical activity, *or*
3. In the past month, you have had chest pain while not doing physical activity, *or*
4. You **lose your balance because of dizziness** or you **ever lose consciousness**, *or*
5. You have a **bone or joint problem** (for example, back, knee or hip) **that could be made worse** by a change in your physical activity, *or*
6. Your doctor currently prescribes you drugs (for example, water pills) for your **uncontrolled high blood pressure** or heart condition, *or*
7. You know of **any other reason** why you should not do physical activity.

# The Push-Up | Chest, Triceps, and Shoulders

Click/tap screenshot to see video.

Countertop/desk



Knee

Standard



Beginner



Advanced 3

# The Squat | Legs and Glutes (buttocks)

Click/tap screenshot to see video.

Basic



Bulgarian split

One-legged suspension



Beginner

Advanced 6

# The Angled Row | Back, Biceps, and Shoulders

## Safety Notes:

1. Set up so that you are “pulling the door closed.”
2. Wear shoes to ensure you are stable and don’t slip.
3. Keep your shoes off of the base of the door.

Grab higher...



Click/tap screenshot to see video.

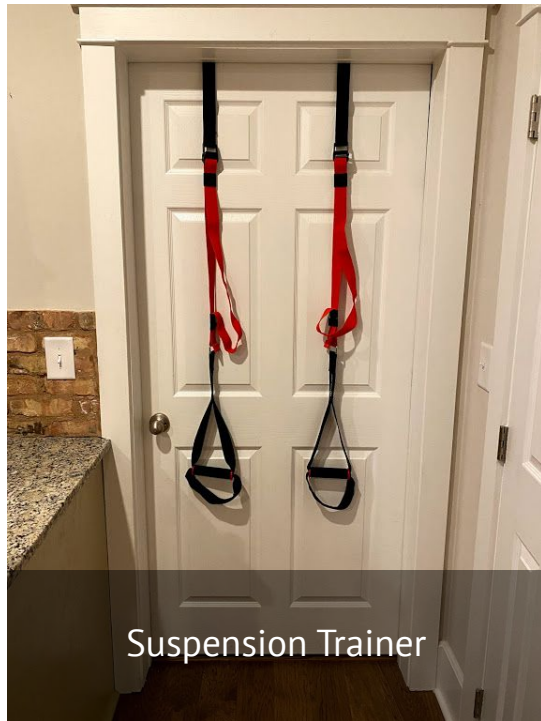
Grab lower...



Beginner

Advanced 4

# No Suspension Trainer? No Problem



Suspension Trainer

Click below for video instructions to **make your own out of a bedsheet:**

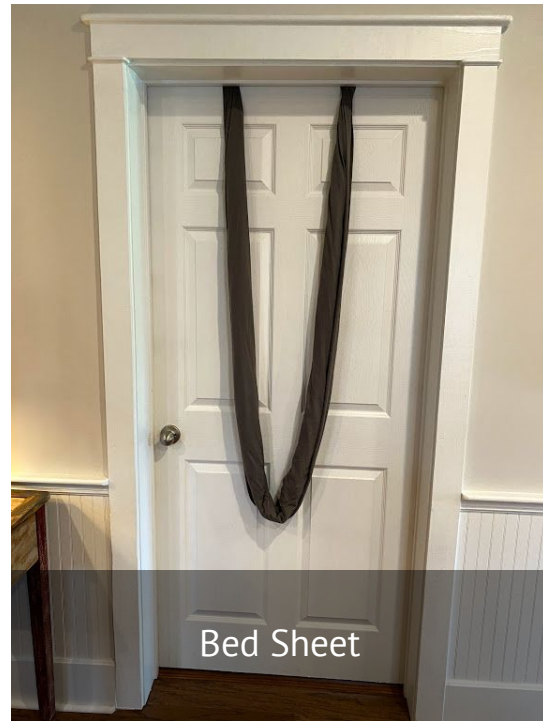
[Part 1](#)

(2 min)

[Part 2](#)

(1.5 min)

Click here to see [options on Amazon.com](#)



Bed Sheet

# Instructional Video Links

## PUSH | *Chest and Triceps*

- **Push-Up**
  - [Countertop/Desk Push-up \(beginner | 1 min\)](#)
  - [Knee \(intermediate | 1 min\)](#)
  - [Standard \(advanced | 1 min\)](#)
- **Dip**
  - [2 Bar Stools/Chairs \(intermediate | 1 min\)](#)
  - [3 Bar Stools/Chairs \(intermediate | 1 min\)](#)
  - [Standard \(advanced | 1 min\)](#)

## PULL | *Back and Biceps*

- [Angled Row \(beginner–advanced | 2.5 min\)](#)
- [Superman \(beginner–advanced\) | 2 min\)](#)

## SQUAT | *Legs and Glutes*

- **Squat**
  - [Basic \(beginner | 1 min\)](#)
  - [Bulgarian Split \(intermediate | 1 min\)](#)
  - [1-Legged Suspension \(advanced | 2 min\)](#)
- [Wall Sit \(beginner–intermediate | 1 min\)](#)
- [Lunge \(beginner–intermediate | 2 min\)](#)

## CORE | *Abdominals*

- [Plank \(beginner–advanced | 1 min\)](#)
- [Crunch \(beginner–advanced | 1 min\)](#)

## SUSPENSION TRAINER | *Make or Buy One*

- **Make one** out of a Bed Sheet
  - [Part 1 \(2 min\)](#)
  - [Part 2 \(1.5 min\)](#)
- **Buy one** on [Amazon.com](#)

# *Overview* | **Approach and Mindset**

## **Exercise Performance**

- **Always use good form.** Quality over quantity.
- **Move slowly and with control.** No jerking, bouncing, swinging, etc.
- **Be sure to breathe.** Try to breathe naturally.

## **Tiny Habits Mindset**

- **Ancors.** Find ones that are reliable and specific.
- **Behaviors.** Focus on tiny (1 rep). You're always free to do more.
- **Celebrations.** Feel good after every set, no matter if it's 1–100 reps.
- **Design your Environment.** Make it as easy as possible to get started.
- **Rehearse at first and Revise as needed.** Revision is part of the process.



## Start with 1-3 Strength Recipes

Start with **1** strength Recipe:

- The **Maui Habit** After I first put my feet on the floor, I will say “It’s going to be a great day!”
- **Strength** Recipe After I \_\_\_\_\_, I will do 1+ **squat**.
- **Gratitude** Recipe After I lay my head on the pillow, I will think of one thing I’m grateful form.

Start with **2** strength Recipes:

- The **Maui Habit** After I first put my feet on the floor, I will say “It’s going to be a great day!”
- **Strength** Recipe After I \_\_\_\_\_, I will do 1+ **squat**.
- **Strength** Recipe After I \_\_\_\_\_, I will do 1+ **push-up**.

Start with **3** strength Recipes:

- **Strength** Recipe After I \_\_\_\_\_, I will do 1+ **squat**.
- **Strength** Recipe After I \_\_\_\_\_, I will do 1+ **push-up**.
- **Strength** Recipe After I \_\_\_\_\_, I will do 1+ **angled row**.

Together **strengthen** the  
**major skeletal muscles**

*Ready to get started?*

Sign up for my free (email-based) 5-Day Program: [bit.ly/MC\\_TH](https://bit.ly/MC_TH)

Use my online Recipe creator: [bit.ly/Create3Recipes](https://bit.ly/Create3Recipes)

Visit my website: [MinuteCalisthenics.com](https://MinuteCalisthenics.com)

Contact me: [josh.hollingsworth@tinyhabitscoach.com](mailto:josh.hollingsworth@tinyhabitscoach.com)