

# WORKOUT FROM HOME GUIDE

Planning, Equipment, & Workout  
Routines



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# **Workout from Home Guide: Planning, Equipment, & Workout Routines**

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## Introduction

The best home workouts do not need you to have lots of equipment – or specific equipment – rather than only your bodyweight. This is a piece of great news for many exercisers who do not have kettlebells, dumbbells, resistance bands, or some other home equipment. Especially after the general lockdown order, which also affects fitness studios and gyms (plus social distancing recommendations) because of the novel coronavirus.

If you are one without enough gym equipment, home bodyweight fitness programs are clutch, plus they enable you to continue your fitness program. You may be thinking that you have limited options if you do not have the complete gym rack set in your home, but this does not matter. Bodyweight exercises can be used to work out almost every muscle of the body, from the butt (the glutes bridges) to the quads (squats) to the chest (push-ups) to the core (try plank variations).

They are a great way to build your body strength and more: Your bodyweight workouts can also be used as your cardio workout routine, mainly if you go with moves which can be increased in intensity and can be done in some way – typically circuit style, while resting briefly – which tests your cardiovascular abilities.

Additionally, numerous bodyweight workout routines are available. This means that there are almost endless possibilities for bodyweight exercise programs. We have listed every one of them in this post. Are you looking to work out the lower part of your body? You could use workout no. 1. Do you want to get sweaty as though you were running? Try no. 6. Furthermore, you do want a way to make your arms and shoulders stronger; you may try no. 11.

Whatever your workout goal may be, the following list of the best home workouts which needs your bodyweight covers everything you need. Try several of these exercise workout programs to see what your favorite routines are!

# 1) The Lower-Body Routine and Cardio burnout

This is not your regular leg exercise routine – we have several exercises here that you may have never done yet, such as the runner’s-lunge-to-balance (ideal for agility and speed) with the corkscrew (which is a moving plank variation that serves to challenge your total strength).

Conceptualized by Amy Eisinger, C.P.T., the workout will test your endurance to a great extent. Furthermore, towards the end of the routine, we have cardio burnout, which you challenge you one last time. You could adjust the difficulty level by varying the duration of rests that you take in-between exercises.

## **2) The 20-Minute HIIT Exercise Workout Program Which Will Work Your Joints**

Numerous home-based HIIT exercise programs have lots of plyometric moves (contains too much jumping), that is ideal for certain people but is not the best thing to do for people who have joint-related problems. The HIIT workout routine was put together by Colleen Conlon, a fitness instructor with the Equinox group. This routine is best for the joints more than every other HIIT workouts.

This is because it includes consists of lower-impact movements such as crab toe touches and sidekick through. You also have several moves that are of a slightly higher impact. Therefore, if you are not confident about your safety with this workout regimen, you should first consult your physical therapist or your doctor.

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