



15 At-Home Bodyweight Workouts

In this guide, you'll find bodyweight workouts you can do at home. These workouts are organized by workout type — full body, upper body, and lower body — as well as by length, so that you can always find a workout to fit the time you have available to you, whether that's 10, 15, 20, 25, or 30 minutes.

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FULL-BODY WORKOUTS



10 Minute Full-Body Bodyweight Workout

Perform each exercise in the circuit for one full minute, resting 15 seconds between exercises. Complete the circuit twice and you're done.

1. Perform a **bodyweight squat to reverse lunge** for 1 minute.
2. Perform a **push-up to slow mountain climber** (incline if necessary) for 1 minute.
3. Perform **glute bridges** for 1 minute.
4. Perform **bird dogs** for 1 minute.



15 Minute Full-Body Bodyweight Workout

Set a timer for 15 minutes and perform as many rounds of the following circuit as possible with good form, resting 15 seconds between each exercise.

1. Perform **10 split squats each side**.
2. Perform a **side plank for 20 seconds each side**.
3. Perform **10 plank to push-ups**, alternating arms each time.
4. Perform **20 feet-elevated glute bridges**.



20 Minute Full-Body Bodyweight Workout

Set a timer for 20 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 30 to 60 seconds between each round.

1. Perform **10 push-ups** or **10 incline push-ups**.
2. Perform **10 bodyweight squats** or **10 bodyweight jump squats**.
3. Perform **10 bear crawls**.
4. Perform 10 jumping jacks.



25 Minute Full-Body Bodyweight Workout

Set a timer for 25 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 30 to 60 seconds between each round.

1. Perform **10 bodyweight squats**.
2. Perform **a bear crawl forward and backward** for 5 yards each.
3. Perform **10 reverse lunges on each side**.
4. Perform **10 slow mountain climbers on each side**.



30 Minute Full-Body Bodyweight Workout

Set a timer for 30 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 30 to 60 seconds between each round.

1. Perform **10 walk-outs** (can add a **push-up**, if desired).
2. Perform **10 bodyweight single-leg Romanian deadlifts on each side**.
3. Perform **10 dead bugs each side**.
4. Perform **10 wall slides**.
5. Perform **10 lateral lunges each side**.



UPPER BODY WORKOUTS



10 Minute Upper Body Bodyweight Workout

Set a timer for 10 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 30 to 60 seconds between each round.

1. Perform **8 push-ups**.
2. Perform **8 front plank walks to dolphin**.
3. Perform **8 shoulder taps**.



15 Minute Upper Body Bodyweight Workout

Set a timer for 15 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 30 to 60 seconds between each round.

1. Perform **10 planks to push-ups**.
2. Perform **10 safe burpees**.
3. Perform **20 mountain climbers**.



20 Minute Upper Body Bodyweight Workout

Set a timer for 20 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 10 to 15 seconds between exercises, and 60 to 90 seconds between each round.

1. Perform **8 walkouts with push-up and turn-and-reach**.
2. Perform **8 safe burpees**.
3. Perform **8 slow mountain climbers on each side, alternating**.
4. Perform **3 sets of a 10-second side plank hold on each side** (reset every 10 seconds).



25 Minute Upper Body Bodyweight Workout

Set a timer for 25 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 10 to 15 seconds between exercises, and 60 to 90 seconds between each round.

1. Perform **8 downward dog push-ups**.
2. Perform **8 mountain climbers on each side, alternating**.
3. Perform **8 marching front planks on each side, alternating**.



30 Minute Upper Body Bodyweight Workout

Set a timer for 30 minutes. Complete all the reps of each exercise for each round as described below, resting 15 to 20 seconds between each exercise and 1 to 2 minutes at the end of each round. Aim to complete 4 to 6 rounds in 30 minutes.

1. Perform 8 reps of **alternating high bird dog** for the first round, decrease by one rep every round.
2. Hold **downward-facing dog** for 15 seconds.
3. Perform the **bear crawl** for 12 paces forward or backward.
4. Perform 6 **marching front plank** reps per side (12 total).



LOWER BODY WORKOUTS



10 Minute Lower Body Bodyweight Workout

Set a timer for 10 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 30 to 60 seconds between each round.

1. Perform **12 jump squats**.
2. Perform **12 curtsy lunges on each side**.
3. Perform **12 frog pumps**.



15 Minute Lower Body Bodyweight Workout

Set a timer for 15 minutes. Perform 6 reps of each exercise for the first round, then 5 reps for the second round, then 4... working your way down to 1 rep for each exercise.

If you find that you have time left, start to work your way back up the ladder. Rest 5 to 10 seconds between each exercise, or as needed.

1. **Jump squats** (or bodyweight squats)
2. **Single-leg Romanian deadlifts** (complete all reps on each side)
3. **Walking lunges** (complete all reps on each side, alternating)
4. **Marching glute bridge** (complete all reps on each side, alternating)

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20 Minute Lower Body Bodyweight Workout

Set a timer for 20 minutes. Perform 8 to 10 reps of each exercise, resting 5 to 10 seconds between each. Aim to complete 4 to 6 rounds of this circuit in 20 minutes.

1. Squats
2. Step-ups (complete all reps on each side)
3. Glute bridges
4. Lateral lunges (complete all reps on each side)
5. Safe burpees



25 Minute Lower Body Bodyweight Workout

Set a timer for 25 minutes. Perform 10 to 12 reps of each exercise, resting 10 to 15 seconds between each. Aim to complete 4 to 6 rounds of this circuit in 25 minutes.

1. Walking lunges (complete all reps on each side, alternating)
2. Single-leg glute bridges (complete all reps on each side)
3. Cossack squats (complete all reps on each side)
4. Frog pumps
5. Jump squats



30 Minute Lower Body Bodyweight Workout

Set a timer for 30 minutes. Perform 12 reps of each exercise, resting 15 to 20 seconds between each. Aim to complete 4 to 6 rounds of this circuit in 30 minutes.

1. 1.5-rep bodyweight squats
2. 1.5-rep bodyweight single-leg Romanian deadlifts with kickstand (complete all reps on each side)
3. Walking lunges (complete all reps on each side, alternating)
4. Single-leg glute bridges (complete all reps on each side)