



# 5 Bodyweight Workouts You Can Do At Home

▶ Click on any exercise to see a demo video.



## 10 Minute At-Home Bodyweight Workout

- Perform a bodyweight squat to reverse lunge for 1 minute.
- Perform a push-up to slow mountain climber (incline if necessary) for 1 minute.
- Perform glute bridges for 1 minute.
- Perform bird dogs for 1 minute.
- Rest 15 seconds between exercises.
- Complete the circuit twice and you're done!



## 15 Minute At-Home Bodyweight Workout

- Set a time for 15 minutes.
- Perform 10 split squats each leg.
- Perform a side plank for 20 seconds each side.
- Perform 10 plank to push-ups alternating arms each time.
- Perform 20 feet-elevated glute bridges.
- Rest 15 seconds between exercises.
- Do as many rounds as possible with good form in 15 minutes.



## 20 Minute At-Home Bodyweight Workout

- Perform 10 push-ups or 10 incline push-ups.
- Perform 10 bodyweight squats or 10 bodyweight jump squats.
- Perform 10 bear crawls.
- Perform 10 jumping jacks.
- Rest 15-30 seconds between exercises and 30-60 seconds between circuits.
- Do as many rounds as possible with good form in 30 minutes.



## 25 Minute At-Home Bodyweight Workout

- Set a timer for 25 minutes.
- Perform 10 bodyweight squats.
- Perform a bear crawl forward and backward for 5 yards each.
- Perform 10 reverse lunges on each side.
- Perform 10 slow mountain climbers on each side.
- Rest 15-30 seconds between exercises and 30–60 seconds between circuits.
- Do as many rounds as possible with good form in 25 minutes.



## 30 Minute At-Home Bodyweight Workout

- Perform 10 walk-outs (can add a push-up, if desired).
- Perform 10 bodyweight single-leg RDLs on each leg.
- Perform 10 dead bugs each leg.
- Perform 10 wall slides.
- Perform 10 lateral lunges each leg.
- Rest 15–30 seconds between exercises and 30–60 seconds between circuits.
- Do as many rounds as possible with good form in 30 minutes.



## Evidence-Based Tips For Delaying and Decreasing COVID-19 Spread in Public Spaces (Like the Gym)

- ✓ **Wash your hands** with warm water and soap for at least 20 seconds when you arrive and before you leave the gym.
- ✓ **Wipe down all equipment** before and after use with sanitizing wipes.
- ✓ **Bring your own equipment** (towel, water bottle, yoga mat, etc.) whenever possible.
- ✓ **If you have to cough or sneeze**, do it into the crook of your elbow and go wash your hands immediately afterward.
- ✓ **Avoid touching** your eyes, nose, or mouth with unwashed hands, and if you do touch your eyes, nose or mouth, wash your hands immediately.
- ✓ **Only attend** fitness classes where you can maintain a distance of 6 feet from fellow participants.
- ✓ **Stay home** if you feel ill, and make sure you rest and stay hydrated.

Source: Adapted from CDC guidelines for preventing COVID-19 spread in communities. [Click here](#) to learn more.

