



Girls Gone Strong

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## At-Home Workouts and Resources For Health and Fitness Professionals

These are unprecedented times that call for unprecedented actions.

I'm Molly Galbraith, co-founder and woman-in-charge at Girls Gone Strong (GGS).

With the rise of the novel coronavirus and its impact on health and fitness professionals, my team and I at GGS are working closely with some of the top names in the industry to help you navigate the coaching and business challenges resulting from the spread of COVID-19.

That's why we've designed done-for-you standalone workouts and 6-week training programs that you can download and share directly with your clients to help support them during this difficult time.

We've created both **bodyweight-only workouts** as well as **dumbbell-only workouts** for the folks who have some equipment — and we have programs for **strength gain, fat loss, pre- and postnatal women**, and folks who are **new to exercise**.

If you're unfamiliar with Girls Gone Strong, we're the world's largest platform dedicated to providing evidence-based, interdisciplinary, women-specific health, fitness, and nutrition education for women and the professionals who work with them.

We provide industry-leading education materials, certification programs, and coaching, all focused on women.

These materials include 900+ free articles, nearly a dozen free 5-day courses — and two professional certifications for health, nutrition, and fitness pros who work with women.

In addition to the workouts and training programs we're providing here for you to send to your clients (which we'll list below), we've curated a list of our top articles and free courses and included them at the bottom of this document.

### **The workouts and programs we've included for you:**

- [15 At-Home Bodyweight Workouts](#)
- [15 At-Home Dumbbell Workouts](#)
- [9 Bodyweight-Only Workouts for Pregnant Women](#)
- [9 Dumbbell-Only Workouts for Pregnant Women](#)
- [10 Bodyweight-Only Workouts for Postpartum Women](#)
- [6 Dumbbell-Only Workouts for Postpartum Women](#)
- [3 6-Week Training Programs \(Strength Gain, Fat Loss, New to Exercise\)](#)
- [3 6-Week Training Programs for Pregnant Women](#)
- [3 6-Week Training Programs for Postpartum Women](#)

Each of the workouts listed below contains a hyperlink that will take you to the PDF download. Additionally, every exercise listed in each PDF is hyperlinked to a demonstration video, so your clients can click on the link and learn the appropriate movement and form.

If you have any questions about any of these workouts, please post in our free closed Facebook group for health and fitness professionals, **GGG Coaching and Training Women**.



Our Academy Curriculum Developers (PhDs, physiotherapists, strength coaches, pre- and postnatal experts, doulas, etc.) are available to answer any questions you have about this resource, or any of your other questions about women's health, fitness, and nutrition for free.

Plus, it's full of current and aspiring health and fitness professionals from all over the world, and we'd love to have you join too.

➦ [Request to join GGS Coaching and Training Women here](#)

Before I sign off, I'd like to leave you with this thought.

Mr. Rogers used to say, *"When I was a boy and would see scary things on the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"*

YOU, my friend, are a helper.

In the midst of these challenges, you have the opportunity to help your clients feel heard and supported, to help them build and maintain habits that support their physical and mental health, and to help them practice self-care during this critical time.

That is no small feat.

And in the face of all this uncertainty, there's one thing we want you to know for certain:

You're not in this alone. We're here for you every step of the way.

xoxo,

*Molly and the Girls Gone Strong Team*

# AT-HOME BODYWEIGHT AND DUMBBELL WORKOUTS

These standalone workouts are designed for clients who enjoy variety and autonomy, and who want to choose their workouts based on the workout type and the amount of time they have available.

Within each category, there are multiple distinct workouts organized by type — full body, upper body, and lower body — and time frame (e.g., 10 minutes, 25 minutes). For more structured training programs for your client, check out our [At-Home Bodyweight Training Programs](#).

## Workouts For Everyone

- [Bodyweight Only](#)
- [Dumbbell Only](#)

## Workouts For Pregnant Women

- [Bodyweight Only](#)
- [Dumbbell Only](#)

## Workouts For Postpartum Women

- [Bodyweight Only](#)
- [Dumbbell Only](#)

# AT-HOME BODYWEIGHT TRAINING PROGRAMS

The following training programs each include six weeks of done-for-you programming designed for different clients and goals. These exercises can all be completed from home using bodyweight only, though we do offer some dumbbell variations for those folks who have equipment handy.

## Training Programs for Everyone

- [Strength Gain](#) — 6-week bodyweight training program (with dumbbell options)
- [Fat Loss](#) — 6-week bodyweight training program (with dumbbell options)
- [New to Exercise](#) — 6-week bodyweight training program (with dumbbell options)

## Training Programs for Pregnant Women

- [Trimester 1](#) — 6-week bodyweight training program (with dumbbell options)
- [Trimester 2](#) — 6-week bodyweight training program (with dumbbell options)
- [Trimester 3](#) — 6-week bodyweight training program (with dumbbell options)

## Training Programs for Postpartum Women

- [Rehab and Recovery](#) (for women who are 0–6 weeks postpartum)
- [Returning to Exercise Postpartum](#) (for women who are 7–18 weeks postpartum)
- [Bulletproof Your Body](#) (for women who are 19–42 weeks postpartum)

# ADDITIONAL RESOURCES FOR HEALTH AND FITNESS PROFESSIONALS

Interested in learning more? We've curated this list of additional resources to support you (and your clients) with evidence-based information on women-specific health and fitness topics.

Click the link below to jump to the following resources:

- [Free 5-day courses for health and fitness professionals](#)
  - » [Pre- & postnatal-specific courses](#)
  - » [Courses for professionals who work with women](#)
- [Free 5-day courses for women](#)
- [Free articles for health and fitness professionals](#)
- [Free articles for women](#)
- [Instagram resources](#) (*bodyweight workouts, bodyweight exercises, etc.*)
- [YouTube channel videos](#) (*playlists for bodyweight, dumbbell, and kettlebell workouts and exercises*)

## Free 5-Day Courses For Health & Fitness Professionals

### Pre- & Postnatal-Specific Courses

- [The Ultimate Guide to Coaching Postpartum Clients](#)
- [How to Get Started Coaching Pre- & Postnatal Clients](#)
- [What You Must Know About Pelvic Health: Working With Pregnant & Postpartum Clients](#)
- [Exercises Your Clients Should Do and Avoid During and After Pregnancy](#)

## Courses for Professionals Who Work With Women

- [How To Help Your Female Clients Improve Their Body Image](#)
- [What You Don't Know About Coaching and Training Women](#)
- [What You Can Do About Sexual Harassment in the Fitness Industry](#)
- [The TRUTH About Disordered Eating and Working With Women](#)

## Free 5-Day Courses For Women

- [Body Image Freedom: Revolutionize Your Body Image in Just 5 Days](#)
- [Top 5 Secrets to Get More Results in Less Time](#)
- [How to Step Off the Diet and Exercise Roller Coaster For Good](#)

## Free Articles For Health & Fitness Professionals

- [How to Modify a Bootcamp Class for Women Who Are Pregnant](#)
- ["I Don't Want to Get Big & Bulky!" How To Help Clients Who Are Hesitant to Lift Weights](#)
- [Training Clients Post-Hysterectomy: What You Need to Know](#)
- [Exercising After C-Section: How to Train Clients Safely](#)
- [How to Train Clients With Diastasis Recti](#)
- [How to Create a Safe and Effective Strength Training Program for Pregnant Clients](#)
- [Am I Fit Enough to Be a Trainer?](#)
- [Coaching Cheat Sheet: How to Handle Unrealistic Expectations](#)
- [What Coaches Need to Know About Postpartum Depression](#)
- [Should Pregnant Clients Do High-Impact Exercise?](#)
- [How to Train a Pregnant Client Who's New to Exercise](#)
- [The Truth About Alcohol and Breastfeeding](#)
- [Is It OK to Run While Pregnant? 4 Important Considerations](#)
- [What Coaches Need to Know About Childbirth](#)

## Free Articles For Women

- [What to Do When More Exercise and Stricter Dieting Don't Work](#)
- [How to Eat Whatever You Want and Still Get Results](#)
- [Top 12 Things Every Woman Should Know About Strength Training](#)
- [5 Fitness Myths That Are Ruining Your Results](#)
- [How to Get Back in the Gym After a Long Hiatus](#)

## Instagram Resources

- [Bodyweight, Dumbbell, and Kettlebell Workouts](#)
- [Bodyweight-Only Workouts](#)
- [Bodyweight Exercises](#)
- [Pregnancy Workouts](#)
- [At-Home Workout Tips](#)
- [At-Home Workouts](#)

## YouTube Channel

Here you can find out [Girls Gone Strong YouTube Channel](#) with 1,000+ videos. We're in the process of creating playlists to allow you to find:

- Exercises (bodyweight, dumbbell, kettlebell, and band exercises)
- Equipment-Specific Workouts (bodyweight, dumbbell, and kettlebell workouts)
- As well as Full-Body, Upper Body, and Lower Body Workouts

*Girls Gone Strong (GGS) provides the information, content and/or data contained within this document(s) for informational purposes only. GGS does not provide medical advice, and the information should not be construed or used as such. Consult your physician on all matters relating to your health. You hereby agree that you shall not make any health- or medical-related decision based in whole or in part on anything contained here.*