

South Bellevue Community Center – Home Workout Exercises

Hi everyone! Hope you are all adapting to the odd new normal and staying healthy. Joan and Andres compiled a list of workout exercises (sorted by muscle group) that can be done without equipment or with minimal equipment. Each exercise has a link to a video to show the correct form. **Click on the link to navigate to the video or copy and paste the link into your browser.** Many videos have ads at the beginning that you can skip after a few seconds.

You can add resistance to many of these exercises by using household items such as cans of soup, water bottles or anything else you might have.

Always warm-up for at least 2-5 minutes prior to exercise to help prepare your body for a workout!

Warm-up: Dynamic Stretches – This video shows a 2 minute warm-up for going on a run but it works for any home workout! <https://www.youtube.com/watch?v=b1VONJMzItE>

Glute/Quad exercises – Choose 1-3 exercises from this list and perform 1-3 sets of 10-15 repetitions for each exercise. Use a slow and controlled tempo. Rest between sets should be 15-30 seconds.

1. Hip Bridge

<https://www.youtube.com/watch?v=YRqoIM0u0PY>

2. Fire Hydrant

<https://www.youtube.com/watch?v=Kv5Be3Mb0YM>

3. Clamshell

<https://www.youtube.com/watch?v=-B9ldhCcCfA>

4. Squat with Curl to Press – use a step or chair (11-16” high).

<https://www.youtube.com/watch?v=bDYhvsww1AU>

5. Step-Up to Balance – use a step or platform (7-16”)

<https://www.youtube.com/watch?v=1layzcdBlk4>

6. Squat, curl to press – use cans of soup or bottled water if you don’t own dumbbells

<https://www.youtube.com/watch?v=KPNzBnyKu40>

7. Reverse Lunges to Balance (1 set w/o weights, 2 sets w/ two 10 lb dumbbells)

<https://www.youtube.com/watch?v=hA4UIKaUAoM>

8. Rear foot elevated split squat – using a bench, step or chair (11-16”)

<https://www.youtube.com/watch?v=Ksz5rkmBuTA>

9. Side Lunge to Balance – (1 set w/o weights, 2 sets w/ two 5 lb dumbbells)

<https://www.youtube.com/watch?v=SHBjktUo3AM>

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Hamstring exercises – Choose 1-3 exercises from this list and perform 1-3 sets of 10-15 repetitions for each exercise. Use a slow and controlled tempo. Rest between sets should be 15-30 seconds.

1. Assisted Single-leg deadlifts

<https://www.youtube.com/watch?v=dd0g4l7wz8w>

2. Single-leg Deadlifts

<https://www.youtube.com/watch?v=ViVhUZGk6i4>

3. Single-leg Hip Bridge

<https://www.youtube.com/watch?v=fDxl-0uZMJ0>

4. Elevated Single-leg Hip Bridge - using any platform or step (3-16")

<https://www.youtube.com/watch?v=zl0yglubLpE>

5. Stability Ball Hamstring Curl

<https://www.youtube.com/watch?v=WNB90xXLEOg>

6. Rear foot elevated deadlift

https://www.youtube.com/watch?v=qN_lvx1E4SA

7. BOSU Ball Single-leg deadlift

<https://www.youtube.com/watch?v=qhg7PFdRLKI>

Chest/tricep exercises – Choose 1-3 exercises from this list and perform 1-3 sets of 10-15 repetitions for each exercise. Use a slow and controlled tempo. Rest between sets should be 15-30 seconds.

1. Knee Push-ups

<https://www.youtube.com/watch?v=utzhPQuXWcA>

2. Standard Push-ups

<https://www.youtube.com/watch?v=M7fWdJIDxPQ>

3. Diamond Push-ups

<https://www.youtube.com/watch?v=jaxbEHLc4qU>

4. Tricep Dips using Coffee Table

<https://www.youtube.com/watch?v=m3FTgWtJsFE>

Back/Bicep exercises – Choose 1-3 exercises from this list and perform 1-3 sets of 10-15 repetitions for each exercise. Use a slow and controlled tempo. Rest between sets should be 15-30 seconds.

1. Back Extensions

<https://www.youtube.com/watch?v=Pk6SGLPFh7M>

2. Superman Exercise

<https://www.youtube.com/watch?v=cc6UVRs7PW4>

3. Rows

https://www.youtube.com/watch?v=RFGOGpisO_k

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4. Bicep Curls

https://www.youtube.com/watch?v=_ok0Mdj3RDM

Shoulder exercises – Choose 1-3 exercises from this list and perform 1-3 sets of 10-15 repetitions for each exercise. Use a slow and controlled tempo. Rest between sets should be 15-30 seconds.

1. Shoulder Raises

<https://www.youtube.com/watch?v=sIA7q0CJja4>

2. Shoulder Press

<https://www.youtube.com/watch?v=lyV3vIGBzNs>

3. Shoulder Protraction and Retraction

<https://www.youtube.com/watch?v=aE3PeiozQR4>

Core exercises – Choose 1-3 exercises from this list and perform 1-3 sets of 15-20 repetitions or duration of 30-60 seconds for plank. Use a slow and controlled tempo. Rest between sets should be 15-30 seconds.

1. Plank

<https://www.youtube.com/watch?v=pvljsG5Svck>

2. Side Plank

<https://www.youtube.com/watch?v=K2VljzCC16g>

3. Side Plank with reach through

<https://www.youtube.com/watch?v=-ruAdV34H54>

4. Bird Dog core exercise

<https://www.youtube.com/watch?v=wgOuR7YrwtM>

5. Reverse crunch

<https://www.youtube.com/watch?v=YDvaOlhaA1U>

6. Ab bicycles exercise

<https://www.youtube.com/watch?v=9FGilxCbdz8>

7. Leg Raises

<https://www.youtube.com/watch?v=JB2oyawG9KI>

8. Stability Ball Plank

<https://www.youtube.com/watch?v=kKVwsBI3CbE>

9. Stability Ball Plank Roll In

<https://www.youtube.com/watch?v=Y-thAURJUj4>

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Here is a **SAMPLE** circuit-style workout:

There is one exercise from each list/muscle group. Perform all 6 exercises one after another without rest. You can repeat this circuit for 2-3 rounds with 60-90 seconds of rest between each round.

1. Hip Bridge

<https://www.youtube.com/watch?v=YRqoIM0u0PY>

2. Assisted Single-leg deadlifts

<https://www.youtube.com/watch?v=dd0g4I7wz8w>

3. Knee Push-ups

<https://www.youtube.com/watch?v=utzhPQuXWcA>

4. Superman Exercise

<https://www.youtube.com/watch?v=cc6UVRS7PW4>

5. Shoulder Raises

<https://www.youtube.com/watch?v=sIA7g0CJja4>

6. Ab bicycles exercise

<https://www.youtube.com/watch?v=9FGilxCbdz8>

Interchange exercises from each muscle group to mix up your workout. Another option is to perform one exercise from each muscle group on its own for 3 sets and then move on to the next muscle group. With this format, make sure to rest 30-60 seconds between sets.