

South Bellevue Community Center – Home Workout Exercises

Hello Home Exercisers! We have 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. **Hold down the CTRL button and click on a 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=YRqoIM0uOPY>
2. **Fire Hydrant**
<https://www.youtube.com/watch?v=Kv5Be3Mb0YM>
3. **Clamshell**
<https://www.youtube.com/watch?v=-B9IdhCcCfA>
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>

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=dd0g4I7wz8w>
2. **Single-leg Deadlifts**
<https://www.youtube.com/watch?v=ViVhUZGk6i4>

South Bellevue Community Center – Home Workout Exercises

3. Single-leg Hip Bridge

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

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=qN_lvx1E4SA

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

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=slA7q0CJja4>

2. Shoulder Press

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

3. Shoulder Protraction and Retraction

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

South Bellevue Community Center – Home Workout Exercises

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>

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=YRqolM0u0PY>
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=slA7q0CJja4>
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.