

EXERCISE MOVEMENTS FOR HOME-BASED WORKOUTS

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WHAT TO DO?

- FIRST: Check out [article](#) in Aiken Bella Magazine, January 2021 issue (p. 25)
- Assess your environment
- Be realistic
- Get creative
- Stick to it!

REMINDER: MODERATE-INTENSITY AEROBIC EXERCISE

- 20-40 minutes per day, most days of the week
- 40-60% VO_{2max}
 - Approximately 55-70% Maximum Heart Rate (MHR)
 - $PMHR = 206.9 - (0.67 \times \text{age})$
- Example: 65-year old
 - $PMHR = 206.9 - (0.67 \times 65) = 163$
 - 55-70% of $PMHR = \mathbf{90-114}$ bpm
 - *So, keep you HR in this range during workouts

WHAT IS YOUR ENVIRONMENT?

- Wellness/Fitness Center?
- Home gym with limited equipment?
- Equipment-less space at home?

AT HOME, SANS-EQUIPMENT

- Calisthenics are key
- May need to get creative
 - With movement angles, directions, and orientations
 - With household objects & implements
 - Chair/stool
 - Belt
 - PVC pipe/broomstick
 - Plastic jugs/Food cans
- TRY TO KEEP MOVEMENTS “MULTI-JOINT” & “TOTAL BODY”!

MOVEMENTS: “**PULLING**”

- Deadlift/Single-Leg Deadlift
- Bent-Over Rows/Single-Arm Rows
- Shrugs
- Door Rows/Pole Rows
- Farmers Carry
- Leg Raises
- Jug Snatches
- Jug Cleans

MOVEMENTS: “**PUSHING**”

- Floor Bridges & variations
- Side Steps
- Sit-to-Stand (& weighted)
- Air Squats (& weighted)
- Step-Ups
- Couch/Table Push-Ups
- Dips & Variations
- Strict Press
- Push Press
- Lunges & Variations
- Jug Thrusters
- Modified Burpees

MOVEMENTS: “OTHER”

- Hops
- Couch Sit-Ups
- Jug Swings
- Planks
- Side Planks
- Chair Toe Taps
- Bird Dogs
- Supermans
- Shoulder Taps

PACKAGING IT TOGETHER

- Lots of formats!
 - AMRAP
 - EMOM
 - EOMOM
 - Rounds for Time
 - Chipper
 - Every ___minutes for ___minutes
- Get creative!

WORKOUT EXAMPLES

- Jug Deadlifts & Thrusters
- Hops + Bent-Over Rows + Planks + Chair Dips
- Lunges + Push-Ups + Leg Raises
- Weighted Lunges + Shoulder Taps
- Jug Cleans + Front Squats + Jug Presses

PARTING THOUGHTS

- Exercise **IS** medicine
- Total-body, functional movements support joints and reduce injury risk
- Consult your physician before engaging in any exercise program