

The Chase Fitness

FREE HOME WORKOUT

Jason Quinn

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Hi!

Okay, so you want to work out but for whatever reason, you can't get to the gym. We all know the reason this time - and it's a good one. Social Distancing is the right call.

Just because you can't do your normal gym workout doesn't mean you can't work out. Here's a simple and effective workout you can do. It requires zero equipment and it only takes a few minutes.

Disclaimer time: use common sense. Consult with a medical professional before you start any fitness program.

[If you just want to jump straight to Christmas morning, [click here](#).]

Stretch

Take a couple minutes to get your body primed to move. Arm circles, trunk rotations, and this [Stretch](#) are perfect for this. Do [Wall Slides](#) to get your upper body ready (these are also great for posture, by the way).

Warm Up

[Mountain Climbers](#), jumping jacks, running in place, or jumping rope for a couple minutes will get your heart pumping. You warm up your muscles and now it's time to work out.

Workout

Here we go! After your warm up, the first exercise is [Squats](#). These work all the muscles in your legs. Stand with your feet about shoulder width apart and your toes pointed slightly out. Take in a deep breath, brace your core (as if someone was about to punch you in the belly), bend at the hips and knees to lower your butt. You want to drop down under control until your thigh is parallel with the floor. If you can get to where the crease of your hips is below your knee, awesome. Then push through your whole foot to return to the starting position. You don't want to come up on your toes or for your toes to come off the ground.

What if squats are too hard right now? No problem. Find a sturdy chair and do [Box Squats](#). They're squats with a slightly shorter range of motion. Touch your butt to the chair. You want to put about 60% of your weight on the chair. Push through your whole foot back to the start.

If you want a greater challenge, try [Split Squats](#). Put one foot up on a chair. It doesn't have to be too high as it's just to make the foot on the floor do most of the work. Lower yourself under control and then drive through that foot back to the start. You'll have to adjust your foot placement so you get the right range of motion. Your working thigh should be at parallel at the bottom of the squat.

Build your way up to 3 sets of 8-12 with the squat variation that's right for you. Rest 60-90 seconds between each set. After the third set, take a sip of water and let's hit the upper body push.

[Push-ups](#) are the king of upper body pushing exercises. They work your chest, arms, and shoulders. Your feet are about shoulder width apart. Your hands are a little wider than your shoulders, but not too wide. Concentrate on keeping your core tight and your back and legs flat (flex your butt and quads). Lower yourself by bending your elbows until you're an inch from the ground. Push to extend your arms back to the straight position. Exhale as you push. Inhale at the top, before you begin lowering.

Not quite ready for push-ups? No sweat. [Elevated Push-Ups](#) are for you. You can use a chair or a wall to keep your upper body more upright. The rest is the same: brace your core, lower, push yourself up.

Need a greater challenge? [Decline Push-Ups](#) are for you. By elevating your feet you decline your torso, putting more of the load onto your arms.

The rep range for push-ups is going to vary widely based on your situation. Three sets of as many as you can do *with good form*. Once you can't hold form, cool, rest a minute or a minute and a half and get ready for the next set. After the last set, you're on to upper body pull.

If you have a chin-up bar at home, you can use that. This workout is designed to work even if you have nothing but you and space.

[Superman](#) is a deceptively effective exercise for your back. Lie on your chest with your arms and legs fully extended. Squeeze your upper back to lift your upper torso and arms while simultaneously flexing your butt and legs to lift your legs off the ground. Hold for a beat, squeezing as hard as you can, then lower yourself back down.

For these, I recommend doing 2-5 reps where you squeeze at the top for 2 seconds. Repeat for 3 total sets, resting a minute between them.

If you want to scale down, all you need to do is focus on raising your upper torso. Keep your legs on the ground.

If you're looking for an advanced version, try [YWTO](#). You'll flex and raise with your arms in different positions (shaped like the letters y, w, t, and o).

Now you've hit a full body workout in easily under half an hour. Take a few minutes to cool down with some stretching and go on with your day.

Optional: If you want, you can hit some abs with some [Planks](#). One or two sets holding the proper position as long as you can is plenty. The key to doing planks correctly is to flex your entire body while keeping your back as flat as you can. Remember to breathe. Don't be surprised if you start shaking after several seconds. Once your form breaks down, the set's over.

Optional 2: A metabolic [Finisher](#). This is for you if you feel a workout isn't a workout unless you're drenched in sweat. Again, it's not necessary. Try it if you dare.

If you choose to do the optionals save your stretching until after you're done.

Putting It All Together

Workout

Stretch

Warm up

Squats 3 sets x 8-12 reps (rest :60-:90)

Push-Ups 3 x As Many As Possible with good form. (:60-:90)

Superman 3 x 2-5 (:60)

Planks 1-2 sets As Long As You Can Hold Form (:60)

Finisher

Stretch

Bonus

Doing the same workout three times a week can turn into a bit of a grind. So here are 2 bonus workouts you can do.

Workout 2

Stretch

Warm up

[Reverse Lunges](#) 3 x 8-12 (each leg) (:60-:90)

Shoulder Push-ups 3 x AMAP (:60)

[Bodyweight Lats](#) 3 x 2-5 (:60)

[Reverse Crunches](#) 1-2 x AMAP (:60)

Finisher

Stretch

Workout 3

Stretch

Warm up

[Glute Bridges](#) 3 x 8-12 (pick one version) (:60-:90)

[Bench Dips](#) 3 x AMAP (:60)

[Good Morning](#) 3 x 8-10 (:60)

[Dead Bugs](#) 2-3 x 3-5 (each) (:60)

Finisher

Stretch

Bonus 2

This is my all time favorite metabolic circuit: [Jump Rope Push-Up Circuit](#). You'll need a jump rope to do it.

Wrapping Up

Even if you're cooped up inside and can't get to the gym, you can still train hard and make progress. Always remember, you can't out-train a poor diet. Nutrition and proper rest work hand in hand with your workouts to get you lean and strong.

If you have any questions at all, please don't hesitate to reach out! Tag me when you try one of the workouts (@jason.quinn.21).

Home Workout

Workout

| <u>Exercise</u> | <u>Sets</u> | <u>Reps</u> | <u>Rest</u> | <u>Notes</u> |
|-----------------------------------|-------------|-------------|-------------|--|
| Stretch | | | | |
| Mountain Climbers | | | | |
| Squats | 3 | 8-12 | :60-:90 | |
| Push-ups | 3 | AMAP | :60-:90 | As Many As Possible with good form |
| Superman | 3 | 2-5 | :60 | |
| Planks | 1-2 | Max | :60 | As long as you can hold with good form |
| Finisher | | | | |
| Stretch | | | | |

Workout 2

| <u>Exercise</u> | <u>Sets</u> | <u>Reps</u> | <u>Rest</u> | <u>Notes</u> |
|-----------------------------------|-------------|-------------|-------------|------------------------------------|
| Stretch | | | | |
| Mountain Climbers | | | | |
| Reverse Lunges | 3 | 8-12 | :60-:90 | 8-12 reps, each leg |
| Shoulder Push-Ups | 3 | AMAP | :60-:90 | As Many As Possible with good form |

| | | | | |
|----------------------------------|-----|-----|-----|--|
| Bodyweight Lats | 3 | 2-5 | :60 | |
| Reverse Crunches | 1-2 | Max | :60 | |
| Finisher | | | | |
| Stretch | | | | |

Workout 3

| <u>Exercise</u> | <u>Sets</u> | <u>Reps</u> | <u>Rest</u> | <u>Notes</u> |
|-----------------------------------|-------------|-------------|-------------|------------------------------------|
| Stretch | | | | |
| Mountain Climbers | | | | |
| Glute Bridges | 3 | 8-12 | :60-:90 | Pick one version |
| Bench Dips | 3 | AMAP | :60-:90 | As Many As Possible with good form |
| Good Morning | 3 | 8-10 | :60 | |
| Dead Bugs | 2-3 | 3-5 | :60 | |
| Finisher | | | | |
| Stretch | | | | |