

**COVID Home WODs – No equipment**

This guidance for some fully body sessions you can perform at home with no equipment if you are self-isolating or unable to go to a gym for your usual sessions.

I have provided you with 3x different styles of workouts for you to try – Please feel free to use which ever exercises you wish in place of the ones I have suggested, I have made some suggestions on the final page but choose to suit your own goals and needs!

**Session 1**

**Every Minute on The Minute (EMOM)**

Set your stop watch / mobile phone to a 30-minute timer. Each minute you will perform one of the exercises below, you will then rest the remainder of that minute.

20 reps Beginner, 30 reps intermediate, 40 reps advanced

i.e

1:00 Air Squat, rest remainder, 2:00 Press ups, Rest remainder, 3:00 Reverse

Lunges, rest remainder, 4:00 Air Squats etc.

	<b>EXERCISE</b>	<b>Reps</b>
<b>A</b>	<i>Lower body - Air Squat</i>	<i>20/30/40</i>
<b>B</b>	<i>Upper Body - Press Ups</i>	<i>20/30/40</i>
<b>C</b>	<i>Dynamic – Mountain Climbers</i>	<i>20/30/40</i>

**Session 2**

**As Many Rounds As Possible (AMRAP)**

Beginners 15 mins, Intermediate 20 mins, Advanced 25 mins

Start the clock and perform continuous sets of the following, there is no rest through this workout just continuous work for the preferred time.

	<b>EXERCISE</b>	<b>Reps</b>
<b>A</b>	<i>Lower - Alternate Lunges</i>	20
<b>B</b>	<i>Upper - Chair Dips</i>	20
<b>C</b>	<i>Core - Sit Ups</i>	20
<b>D</b>	<i>Lower – Step Ups</i>	20
<b>E</b>	<i>Dynamic - Mountain Climbers</i>	20

**Sessions 3**

**30/30**

4x rounds of 30 seconds work followed by 30 seconds rest, after you've completed 1 round of each exercise rest for 240s or 4 full minutes. Repeat this 4x through.

	<b>EXERCISE</b>	<b>Work/rest</b>
<b>A</b>	<i>Lower body – Squat Hold</i>	30s/30s
<b>B</b>	<i>Upper Body – Chair Dips</i>	30s/30s
<b>C</b>	<i>Core – Plank Ups/Downs</i>	30s/30s
<b>D</b>	<i>Dynamic – High Knees</i>	30s/240s

**Exercise suggestions/replacements requiring no kit**

**Lower Body**

*Air squats, Alternate forward lunges, Reverse lunges, Squat holds, Bulgarian split squat, Step ups*

**Upper Body**

*Press ups, Press ups (knees), Press Ups (Narrow, Wide, diamond grip), Chair Dips, Hand stand push ups*

**Core**

Sit Ups, Crunches, Planks, Plank Ups/Downs, Side Plank, Hollow Hold, Jack Knives

**Dynamic**

Bear Crawls, Burpees, Mountain Climbers, High Knees, Squat Jumps, Inch Worms