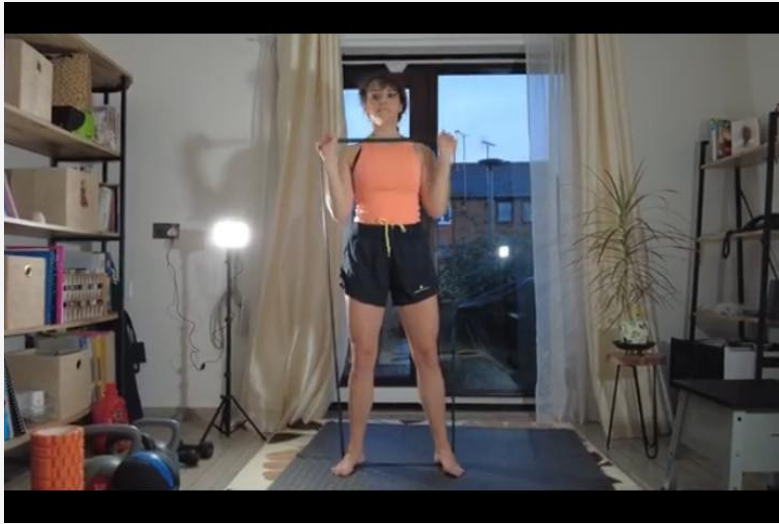


# Bodyweight and resistance bands training guide

You can also find the video explaining how to build a training plan with those exercises on my YouTube: [How to design your own home workout by TishK-Fit](#)



## Front Squats (Glutes, Quadriceps, Hamstrings, Calves, Core)

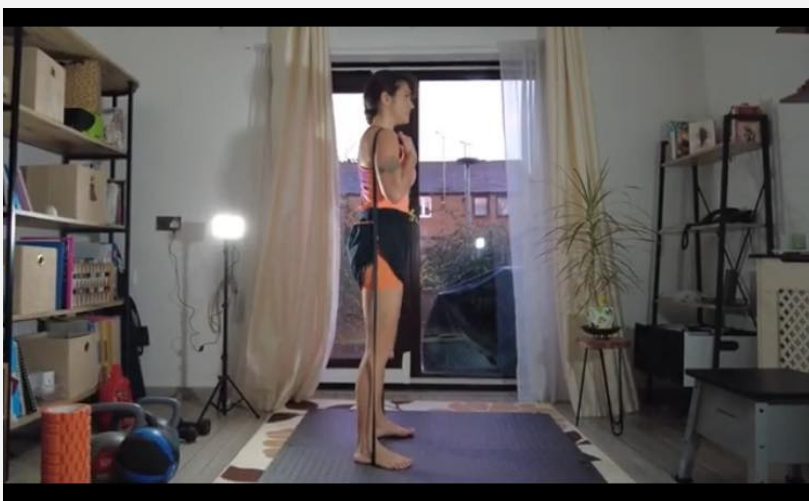
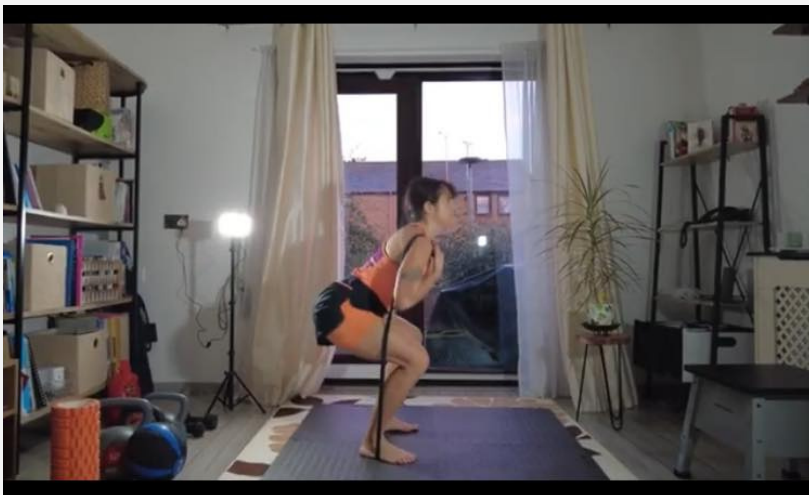


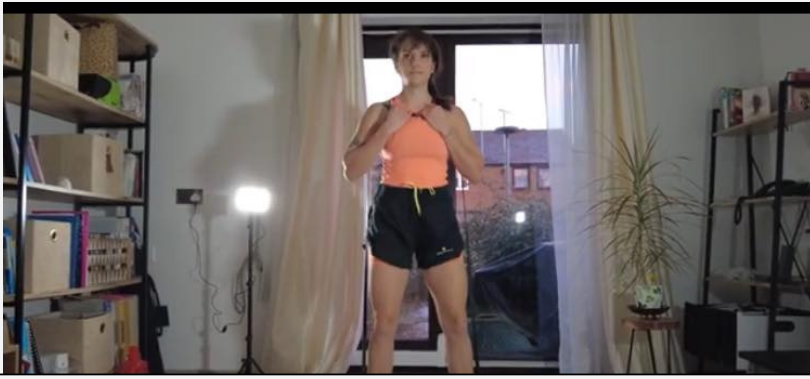
**Reps: 10**

**Sets: 3**

### Instructions:

- Bring the band at shoulder height
- Brace your abs
- Keep knees aligned with toes
- Go down into a squat until hips are slightly below knees or at the same level
- Push with your feet and squeeze the glutes





### Lunges (Quadriceps, Hamstrings, Glutes, Core)



**Reps: 8 each side**

**Sets: 3**

#### Instructions:

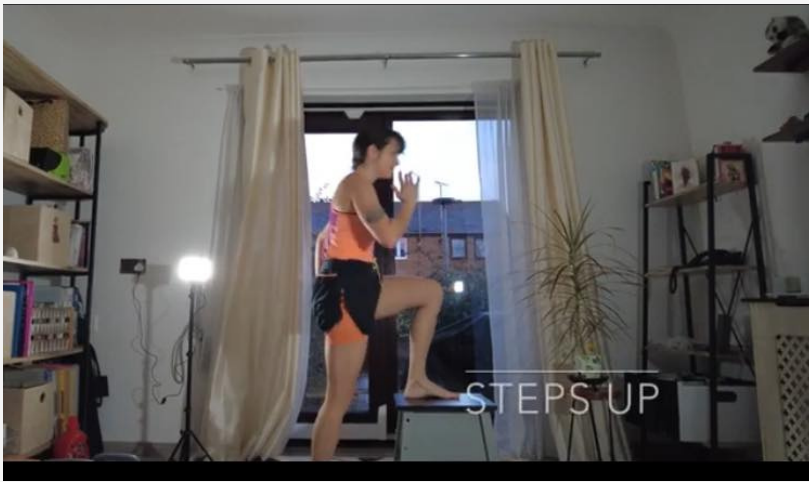
- Start in a split stance with feet hip width apart
- Keep back heel off the floor and feet facing forward
- Front knee should be 90 degree angle and the back knee should be slightly greater than 90 degree angle
- Brace your core, keep shoulders back and squeeze your glutes

### Step Ups (Glutes, Hamstrings, Quadriceps, Core)

**Reps: 8 each side**

**Sets: 3**

- Keep knee aligned with your toes



- Squeeze the glutes
- Brace your abs
- Keep shoulders back
- Go down in a slow and controlled way

### Sumo Deadlift/ Deadlift



**Reps: 10**

**Sets: 3**

#### Sumo Deadlift:

- Knees aligned with toes
- Chest up and shoulders back
- Hips back and bodyweight on the back of feet
- As you go down, hips higher than knees and lower than shoulders
- Engage the lats and use the glutes not the lower back

**Or**

#### Deadlift:



- Push hips back, weight on back of your feet
- Shoulders back
- Core engaged
- Keep shins vertical
- As you go down, hips should be higher than knees and lower than shoulders
- Engage the lats and use the glutes not the lower back

### Single Leg Deadlift/ Deadlift



**Reps: 8 each side**

**Sets: 3**

#### Single Leg Deadlift

- Stand on the outer side and back of your foot for more balance
- Keep the knee of the leg of support slightly bent
- Keep core engaged and squeeze the glutes

**Or**

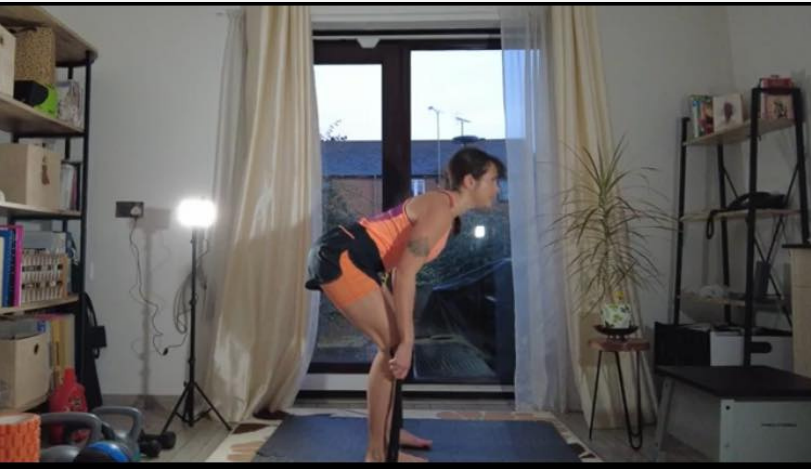
**Reps: 10**

**Sets: 3**

#### Deadlift:

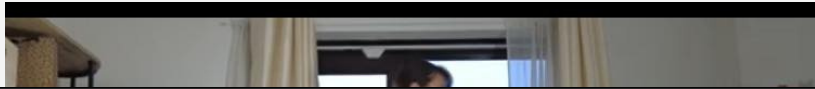
- Push hips back, weight on back of your feet
- Shoulders back
- Core engaged
- Keep shins vertical
- As you go down, hips should be higher than





knees and lower than shoulders

- Engage the lats and use the glutes not the lower back



## Single Leg Glute Bridges/ Glutes Bridges



## Glute Bridge

**Reps: 10**

**Sets: 3**

- Start with feet slightly further forward than knees
- Push through your heels and extend your hips at the same time using your glutes
- Brace your abs and don't hyperextend your back
- Return the movement in a slow and controlled way

## Single Leg Glute Bridge

**Reps: 8 each side**

**Sets: 3**

- Start with feet slightly further forward than knees
- Lift one leg up with bent knee
- Push with the heel of the leg of support and extend your hips at the same time using your glutes
- Brace your abs and don't hyperextend your back
- Return the movement in a slow and controlled way

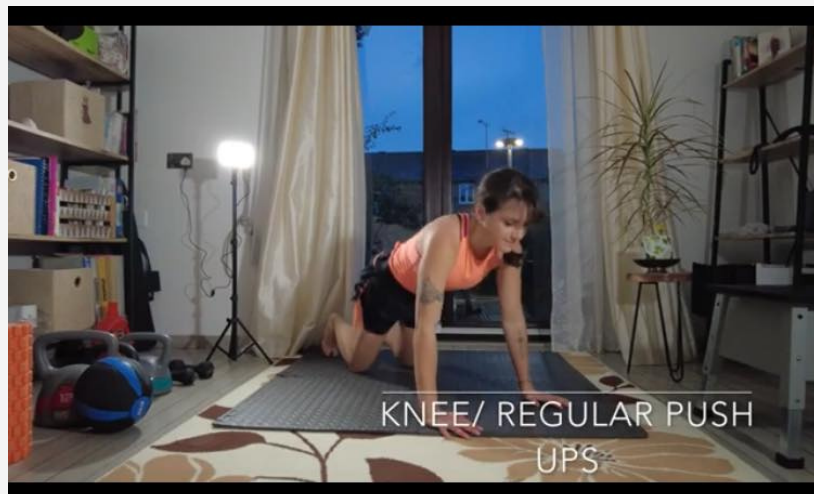


## Knee Push Ups/ Regular Push Ups

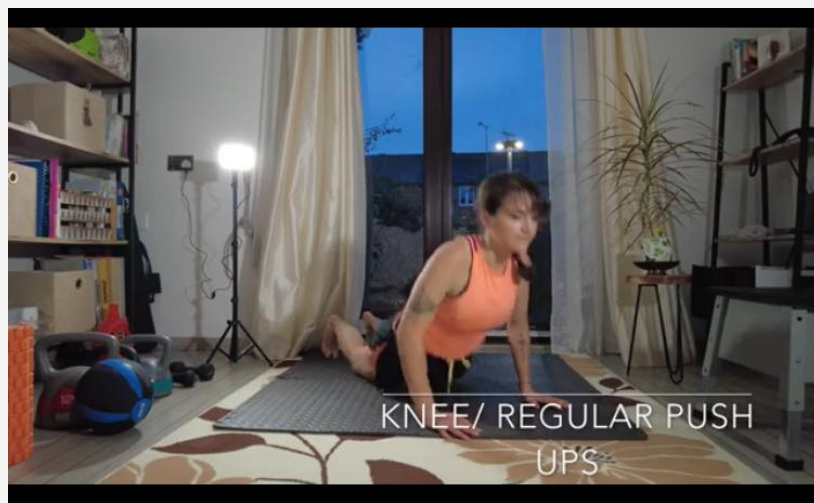
### Option1: The Cobra

**Reps: 10**

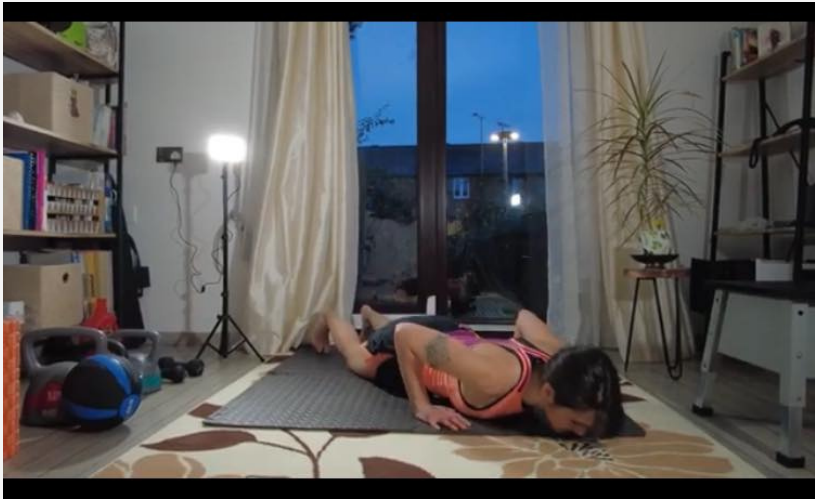
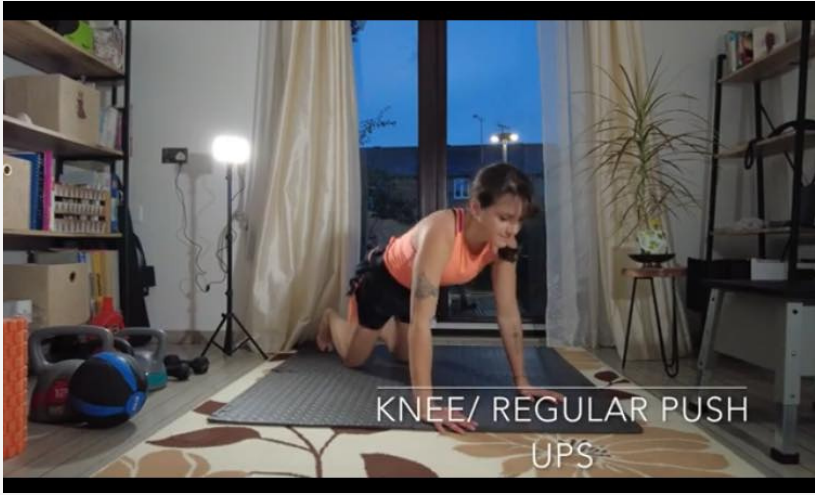
**Sets: 3**



- Hands aligned with chest
- Start in a plank or a knee plank position
- Uncurl your toes
- Squeeze your glutes and brace your abs
- Lower down until chest touches the floor
- Your elbows should be pointing back at around a 45 degree angle
- To come up either come up as a regular push up, as a knee push up or as a cobra
- If you can't push back up come back as a cobra the repeat the movement in a slow and controlled way









**Chest Press**

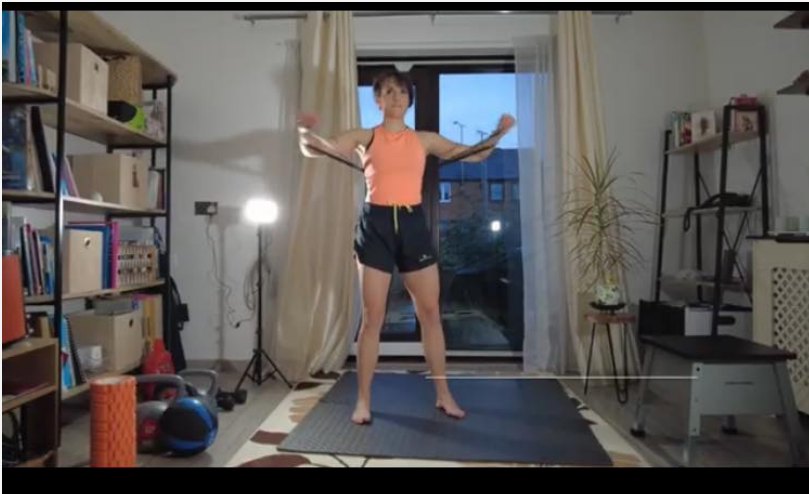
**Reps: 10**

**Sets: 3**

- Keep your elbows soft slightly below

shoulders

- Use your pectoralis muscles to bring press forward and in with the band
- Don't lock the elbows
- Return the movement in a slow and controlled way

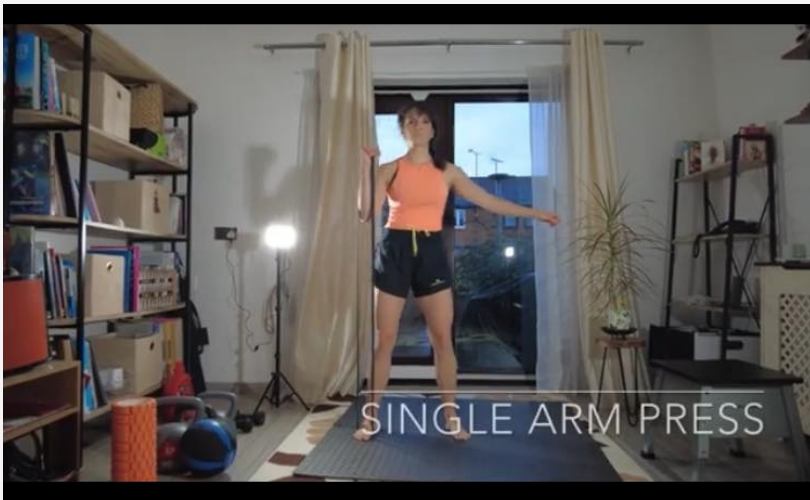




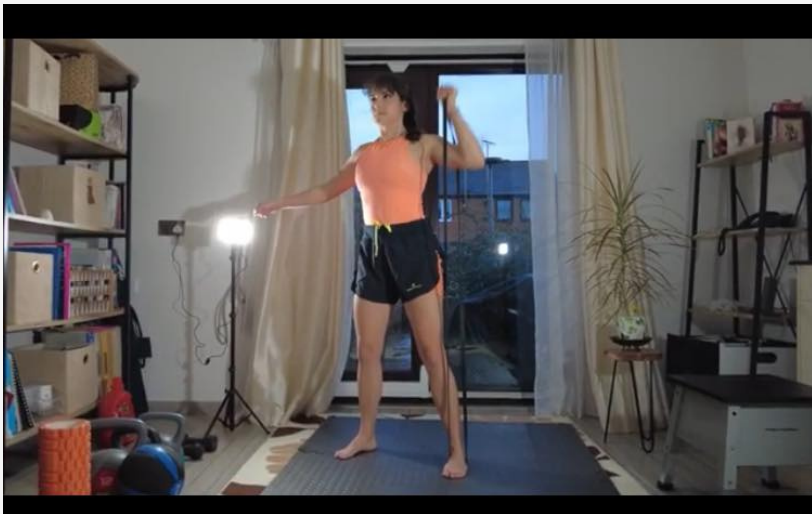
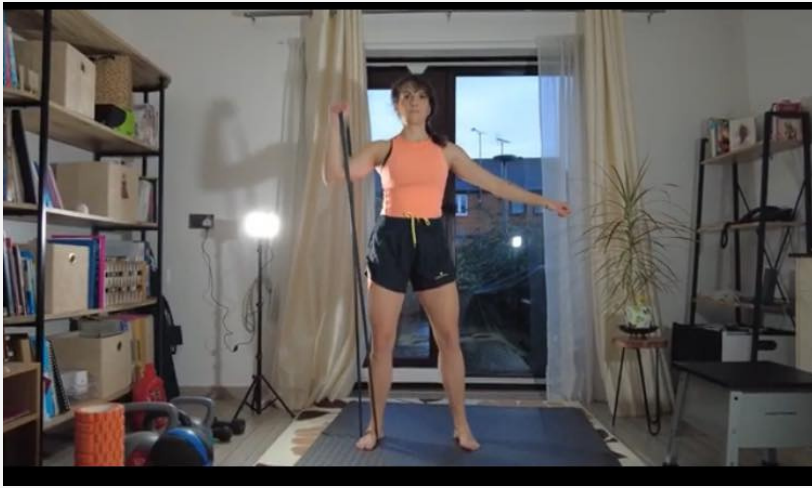
## Single Arm Shoulder Press

**Reps: 8 each side**

**Sets: 3**



- Soft knees and squeeze the glutes
- Start with band at shoulder height
- Press up using your core
- Don't lock your arm on the way up
- Return the movement in a slow and controlled way



**Push Press**

**Reps: 10**



**Sets: 3**

- Start with band at shoulder height
- Brace your abs and squeeze the glutes
- Use your legs to propel the band overhead
- Return the movement in a slow and controlled way

**Strict Press**

**Reps: 10**

**Sets: 3**

- Keep your knees soft
- Start with band at shoulder height

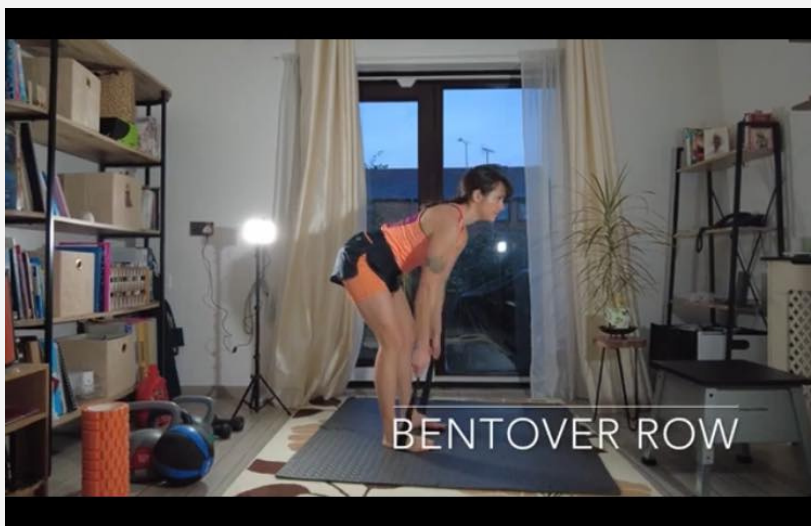


- Brace your abs and squeeze the glutes
- Return the movement in a slow and controlled way





## Bent Over Rows

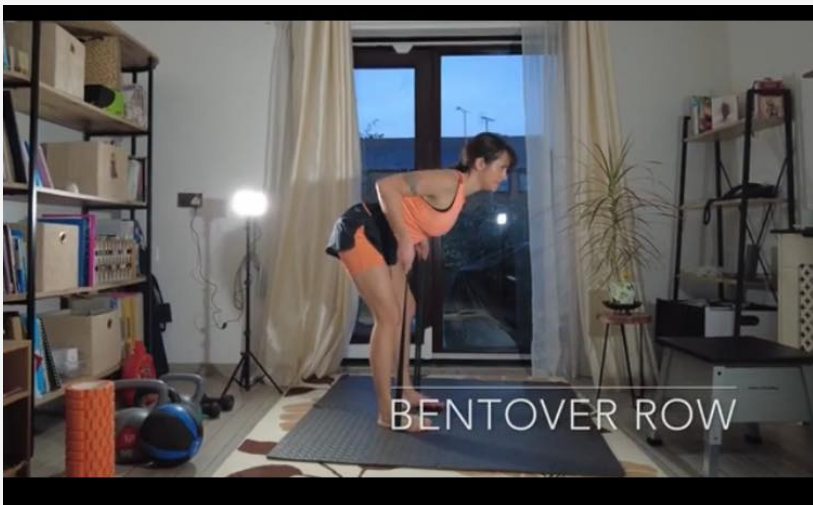


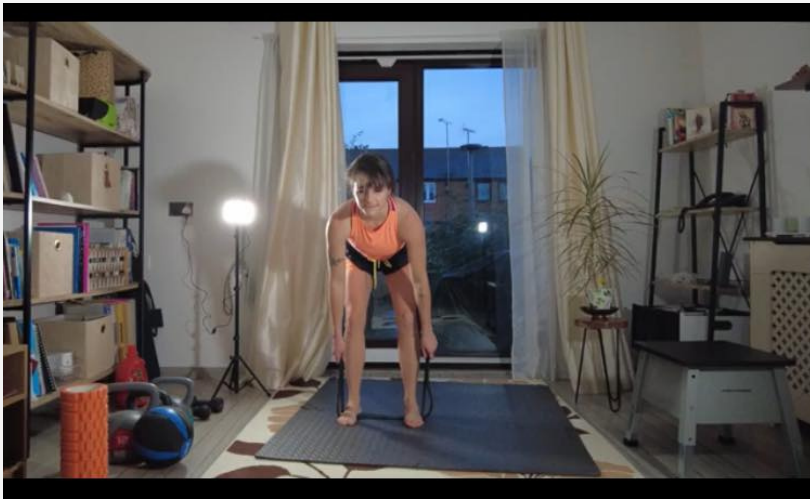
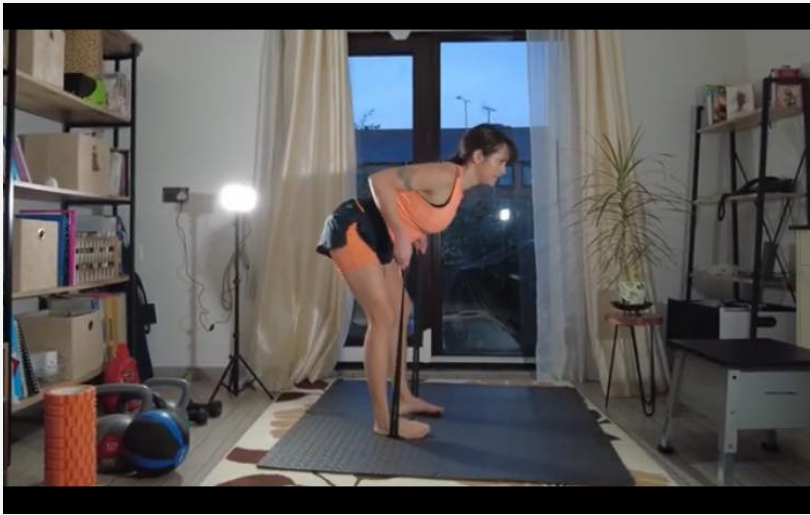
**Reps: 10**

**Sets: 3**

- Start in a deadlift position with hips above your knees and shoulders slightly above your hips
- Retract your shoulders to activate your lats
- Then, draw your elbows back to waist height
- Keep elbows tucked in
- Return the movement in a slow and controlled way
- Keep back neutral
- Brace your abs and keep neck aligned with your spine







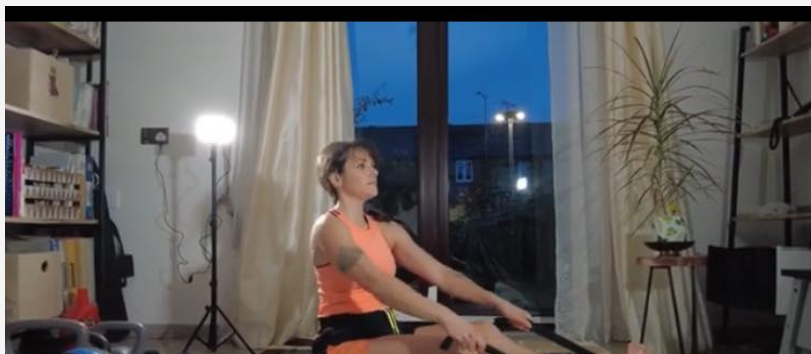
## Seated Row



**Reps: 10**

**Sets: 3**

- Start with knees slightly bent
- Retract your shoulders first then draw the elbows to your waist height at about 90 degree angle and keep your elbows in
- Squeeze your shoulder blades
- Keep your core engaged
- Return the movement in a slow and controlled way



## Rear Flies

**Reps: 12**

**Sets: 3**

- Keep your elbows slightly below your shoulders
- Bring your shoulders back, squeeze your shoulder blades and stand upright
- Keep your core engaged

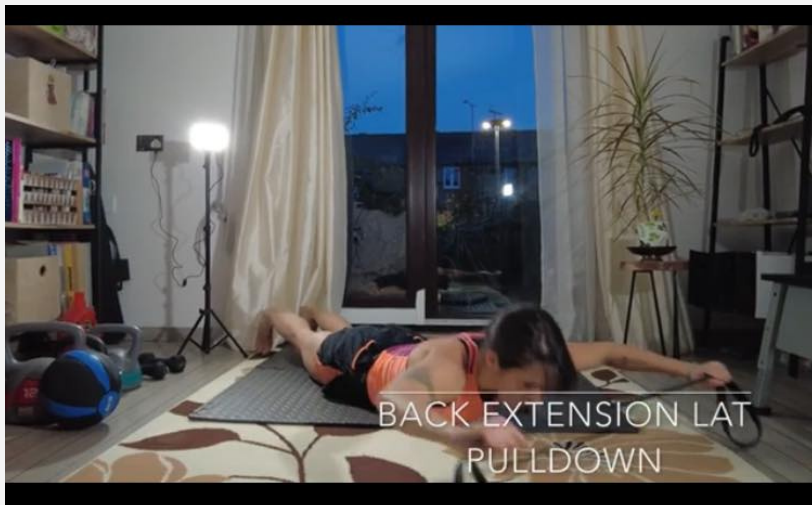


- Pull the band out by leading with the elbows until you reach mid chest
- Return the movement in a slow and controlled way





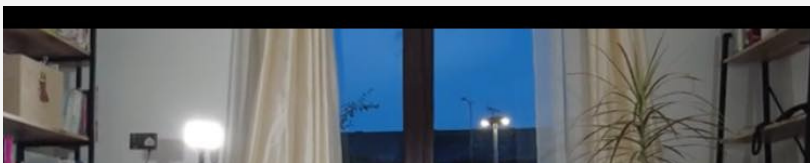
### Back Extension Lat Pulldown



**Reps: 10**

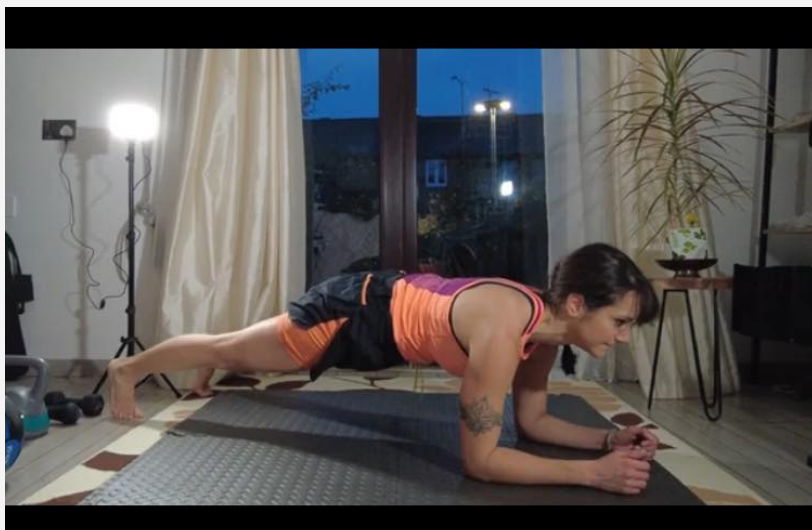
**Sets: 3**

- Start in a prone position with toes uncurled
- Squeeze your glutes to protect your back
- Lift your upper back from the floor by squeezing the glutes and engaging your core
- Then perform a lat pulldown with the band until you reach upper chest and squeeze your shoulder blades
- Return the movement in a slow and controlled way



**Plank/ Knee Plank**

**Reps: Stay as long as you can with perfect form. As soon as one of the points**



**cited below fails stop and have a break**

**Sets: 3**

- Start in a prone position with toes uncurled
- Slowly lift your abs of the floor then your hips until your hips, back and shoulders are aligned
- Keep your neck aligned with your spine
- Make sure to squeeze your glutes, brace your abs and extend your thoracic spine
- As soon as one of those points fails take a break

**Side Plank**

**Reps (each side): Stay as long as you can with perfect form. As soon as one of the points cited below fails stop and have a break**



### Knee Side Plank



### Leg Extension

**Sets: 3**

- Option 1: Start on the side with hips, back, knees and shoulders aligned
- Curl the leg that is at the bottom and raise your hips so that you are performing the exercise on your knees
- Keep your shoulder aligned with your elbow and shoulder away from the neck
- As soon as you start dropping the hips take a break

Option 2: Start on the side with hips, back, knees and shoulders aligned

- Make sure your full body is aligned
- Keep your shoulder aligned with your elbow and shoulder away from the neck
- As soon as you start dropping the hips take a break

**Reps: 12**

**Sets: 3**

- Make sure your back is not arching and is flat on the floor by using your abs
- Bend both knees to about 90 degree angle and lower down each leg alternating one at a time



- For an easier option bend both knees

