



CREATIVE WORKOUT OPTIONS

At this challenging time when workouts do not look as they typically do, the information found in this newsletter will provide ideas and creative options for incorporating exercises and increased loading into your at-home training programs. These are also useful substitutions when you are on the road with limited equipment.



Rafer Johnson
Decathlon, 1960 Olympic Games

Benefits of Resistance Training

Resistance training is crucial to fitness and athletic success. Muscles need to be challenged with a combination of weight lifted, repetitions and speed of lifting to capitalize on the adaptations of resistance training. The addition of resistance training can enhance many key physiological benefits, such as:

- Improve Aerobic fitness capacity
- Blood glucose regulation
- Improved energy, exercise capacity and enhanced exercise performance
- Improved bone mineral density, strength, and durability
- Improved connective tissue growth and strength
- Improved muscle strength, growth/size, and power
- Improved muscle endurance, strength, and power
- Improved mood and a reduction of anxiety and depression
- Reduction in injury risk and severity when returning to full training

Source website: <https://www.acsm.org/docs/default-source/files-for-resource-library/smb-resistance-training-and-injury-prevention.pdf> and <https://www.acsm.org/blog-detail/acsm-certified-blog/2019/07/31/acsm-guidelines-for-strength-training-featured-download>

Here are some ideas for items you may find laying around your house to add resistance to your at-home workouts:

There are plenty of items laying around the house that can add weight or resistance to your exercises to benefit both the upper body and lower body. You can always change the weight you are lifting, the number of repetitions, the speed of your lifting technique or even incorporation of single limb or balance strategies to tap into different physiological benefits while maintaining your sport-specific focus in your training programs.

Remember to always maintain good body positions while engaging in any exercise just as you would with your normal programs and incorporate an appropriate warm-up and down step to your program to reduce the risk of injury or overuse. It is recommended to consult with your strength and conditioning coach and primary sports medicine provider with any questions regarding your programs.

- 1** **ITEM:** paper plates, towel, or thick socks on a wood/tile floor as sliders

EXERCISE EXAMPLES:

- Reverse Lunge
- Lateral lunge
- Standing hip abduction/adduction
- Bridge hamstring sliders
- Mountain climbers
- Plank to knee tuck
- Plank jack sliders
- Plank to pike
- Plank to tuck or mountain climbers with side knee rotation to either side
- Plank walks forward/reverse or to the side
- Skaters
- Sliding burpee
- Curtsey lunge
- Quadruped to arm sliders

ITEM: Couch

- 2** **Exercise Examples:**

- Supine Leg press
- Hamstring isometric holds
- Step up to knee drive
- Step down or lateral step down
- Incline push ups

ITEM: Pillow, couch cushion, folded blanket

- 3** **EXERCISE EXAMPLES:**

- Standing single leg balance
- Single leg balance with vision challenge (looking up, eyes closed)
- Standing single leg balance while up on toes
- Warrior 3/single leg deadlift
- SL pistol squat
- SL toe touches to items places 360 degrees around your standing location
- Skater hops from one pillow to another
- Lunge with knee drive
- DL squat
- Lateral lunge
- SL/DL plyometrics to land on unstable surface

ITEM: Stairs

- 4** **EXERCISE EXAMPLES:**

- Step up to knee drive
- Step down or lateral step down
- Incline push ups

- 5** **ITEM:** Weights from household items

- **Standard water bottle or bag of rice:** 1-2 pounds
- **72-ounce laundry detergent:** weighs 5 pounds
- **Cartons of milk/oat milk:** 5 pounds
- **1-Gallon jug of water:** weighs 8 pounds
- **Case of sparkling water:** 10 pounds
- **150-ounce laundry detergent:** weighs 10 pounds
- **Bag of pet food:** Average weighs around 40 pounds
- **5-gallon jug of water:** weighs 41 pounds
- **Suitcase filled with household items:** pack it like a flight for 50 pounds
- **Backpack filled with books/cans:** Varies in weight
- **Tote bag filled with books/cans:** Varies in weight
- **Laundry basket:** Varies in weight

EXERCISE EXAMPLES:

- Wrap a bag of rice around your ankle with a rubber band for weighted 4-way hip
- Lunges/walking lunges/reverse lunges/lateral lunges
- Deadlift/single leg deadlift/RDL
- Squats/pistol squats
- Wide leg squats or deadlifts
- Fly's or bent over fly's
- Biceps curls/hammer curls
- Triceps kick backs
- Skull crushers
- Bench press/overhead press
- Rotator cuff internal/external exercises
- Rows/bent over rows

- 6** **ITEM:** 2 Chairs

EXERCISE EXAMPLES:

- Parallel bar press ups
- Incline push ups
- Bulgarian split squats
- Triceps dip
- Chair plank
- Box squat
- Step ups
- Elevated mountain climbers
- Pistol box squats
- Rear leg elevated push up
- Elevated single leg glute bridge (legs bent or straight)
- (Weigh down the chair) for leg lifts

- 7** **ITEM:** Body weight exercises to do with a person you already live with.

EXERCISE EXAMPLES:

- Nordic hamstring curls
- Leg lifts
- Leg throws
- Rear leg elevated pushups
- Partner get-ups
- Partner reaction lunges
- Wheelbarrows
- Partner drags
- Partner carries
- Rotational throws (use an item from above like a bottle of water or a backpack filled with clothes)
- Sit up throws (use an item from above like a bottle of water or a backpack filled with clothes)
- Hand or foot shadowing drills

- 8** **ITEM:** Metal broom stick/mop stick and a rope

EXERCISE EXAMPLES: Tie water bottles or water jugs to the end of the metal stick to make a "barbell"

- Lunges/walking lunges/reverse lunges/lateral lunges
- Deadlift/single leg deadlift/RDL
- Squats/pistol squats
- Wide leg squats or deadlifts
- Bench press/overhead press
- Glute thrusts
- Rows/bent over rows

ITEM: Wall

- 9** **EXERCISE EXAMPLES:**

- Wall sits/squats
- Wall angels for scapular stability
- Wall push ups
- With a partner: coordination & hand/eye exercises (touch laser pointer, touch nose)

ITEM: Towel or shirt

- 10** **EXAMPLE EXERCISES:** Have a partner hold the other end and pull on it or move in different directions while you complete anti-rotation exercises:

- Palloff press
- Half or kneeling press outs
- Standing press outs
- Overhead standing press outs
- Anti-rotation lunge/squat/reverse lunge
- Anti-rotation box step ups