Working Out From Home
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Home workouts

 While the pairing of words **home** and **workout** are ostensibly oxymoronic, we're here to tell you can still get an awesome workout and stay motivated while working out from home! This year we have all had to cope with unprecedented difficulties, and getting back into the routine of regular exercise can bring a much needed semblance

of normality to an otherwise chaotic year. I'm sure over the last year quite a few of you reading this have had to make the switch from a gym to working out from home. Others may have stopped working out altogether, unable to find a way to make fitness work for them outside the gym. If either of the two situations sounds like you, keep reading.

The idea of working out from home brings up a ton of questions. The good news is that it's never too late to start, restart, or revamp your home workout routine. Working out is a great way to maintain both physical and mental health, and keep your immune system running at its best in times when all three are tested. Working out from home presents a number of novel challenges that are not present at the gym. This article aims to address those challenges and provide ways in which you can get a fantastic workout from home that you will stick to

Equipment

Due to the expense of fitness equipment, now more than ever, the selection of fitness equipment is limited but don't worry! By incorporating calisthenics and taking advantage of some workout techniques you will be able to challenge yourself at a level comparable to a workout in a commercial gym setting.

Recommendations for minimal equipment

- **Weights**
  - Kettlebells, dumbbells, medicine balls, laundry detergent bottles, water jugs, textbooks in a knapsack, cans in a shopping bag, or even a weighted blanket.

That's it. That's all you need for a great home workout. Be creative, and think of things that are heavy that you already have around the house. If you do choose to buy weights, kettlebells would be my recommendation, they have nearly all the versatility of dumbbells yet add even more possibility. Dumbbells are a great second option but medicine balls fall short in my opinion - for the most part they need to be used with 2 hands at all times, limiting the movements that can be performed with them. But hey! If that's what's available to you, you can definitely still make it happen with medicine balls. While most home workout equipment recommendations would include a bench on this list, It is not necessary. A bench will add complexity to your workouts for sure, but, at added cost and the need for somewhere to store the bench. If you do opt for a

bench, my recommendation would be to go with a flat bench. A lot of home quality fitness equipment has poor quality construction and is made of thinner steel than you would be used to in a commercial gym setting. By design, a flat bench is much more sturdy than an adjustable incline bench of the same material. The price of a flat bench may is also generally less than an adjustable bench. The added complexity of an incline bench only adds a few more exercises, and in my opinion is not worth the price difference and potential injury (unless you have access to a commercial adjustable bench at a good price!).

Exercise Techniques

There is a high likelihood that you will soon find that the weights you currently have become easy (if they aren't already), however, there are a few techniques that can help you continue to get a challenging workout without needing to increase the weights.

Exercise techniques for making weights more challenging

- Incorporate **unilateral exercises:** (one side or limb at a time) These challenge core stability (example: Pressing one dumbbell at a time during dumbbell overhead press).
- **Manipulate tempo**: Tempo is the speed at which you move the weights, and how long you pause at the end and beginning of a given movement. By eliminating any pauses at the beginning of the exercise, incorporating a pause at the end of the movement, and progressing slowly throughout the movement, you can make light weights feel much heavier.

- Use **Isometric holds**: Isometric holds just mean holding an exercise for a period of time in one position, this position can be anywhere within the ROM (Range of motion) of the exercise, but not at the start of the exercise (where there isn't much resistance). Isometric holds are great on their own but you can also start a set with an isometric hold and then complete your reps once your muscles are fatigued from the hold - this will make the weight far more challenging.

- Use **AMRAP's**: An AMRAP is a set of "as many reps as possible". In AMRAP sets, complete as many repetitions as are possible while maintaining good form. When form starts to suffer, your AMRAP is done.

- **Reduce rest periods**: By reducing rest periods, you further increase the difficulty of a workout without increasing the weights. A very easy change to any workout.

- **Moment Arm Manipulation**: Weights further away from the body feel heavier. Where possible, keep the weights further away from your body by extending your limbs to make light weights much heavier.

Scheduling Workouts

"If you fail to plan, you plan to fail"

 - Benjamin Franklin

This quote rings true of many things in life - workouts are no different. If you decide you are going to workout "sometime this week" you're not going to workout. If you decide that you are going to do an "upper body workout" chances are you are going to waste a lot of time thinking of exercises in the moment, get bored, and not complete a workout with adequate intensity. While I am a proponent for moving in some way each day, and believe that any workout is a step in the right direction, strategic planning in exercise is a must to accomplish any goal in fitness, even maintenance. Just as we build positive momentum in habit forming by completing a task often, we can build negative

momentum by skipping a task - if you have skipped a workout it becomes easier to skip the next one. Imagine if you worked out every single scheduled day for the last 2 months. What are the chances that you would miss your next workout at that point? Probably very little.

Recommendations for workout scheduling

- Schedule the same time each day

- Be realistic! A 5am pre-work workout sounds great on paper but the best workout is the one that you actually do.

- If you are having trouble staying motivated and considering missing a workout, tell yourself "i'm going to workout for 5 minutes"

- Make a promise to yourself not to miss a workout for 2 months, by the time you get to the 2 month mark, you likely won't even think about missing workouts.

- Make a solid plan. Choose all the exercises you want to complete in advance, have it printed out to follow whenever you workout.

- Tell others - this can sometimes be a very motivating tool. By holding yourself accountable to others, you are more likely to stick to your word.

- Schedule rest days! In order to recover properly, it's important to schedule rest days as well.

- If you don't like the workout or you are bored of it, change it! While it's important to stick to a workout for a time in order to see measurable results, it's just as important to do a workout that you enjoy, which is one of the biggest predictors of exercise adherence.

Now that you've read about how to get an effective home workout, join Motive In Motions email list by clicking here and get The Resistance Training Guide 1.0 and Home Workout Program for **FREE** so you can start your fitness journey. The resistance training Guide 1.0 provides valuable information on designing your own workout plan as well as some sample workouts to get you started today. The Home Workout Program is an exercise and diet plan geared towards helping you get the most out of your home workouts with minimal equipment. Motive In Motion also provides online personal training. Click here to get started.

Stay Strong.

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