

Bodyweight Exercises



JC Fitness Coaching
Training with Intent

Fat Loss Strength Mobility

Online LEAN Training

Medical Disclaimer

Please note:

The recommendations in this guide and any other document provided by me are not medical guidelines but are for educational purposes only. You must consult your doctor prior to starting this or any other exercise programme or if you have any medical condition or injury that can possibly worsen with physical activity.

Any exercises and dietary tips in this pack are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed to you by your doctor, physical therapist or dietician.

Any exercise poses inherent risks and you are advised to take full responsibility for your own safety and know your limits at all times.

If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You are strongly advised to have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

Please discuss all nutritional changes with your doctor or a registered dietician. If your doctor or registered dietician does not recommend any of the changes or exercises, this will overrule any advice from your personal trainer.

Please inform your personal trainer immediately in these instances.



Online LEAN Training

Welcome!

So it's all going a bit Pete Tong right now with restrictions, self isolations, over reactions, under reactions and where are those bloody toilet rolls?

I ran my business from a commercial gym for 5 years and I've seen firsthand how difficult it is to keep those places clean. I'm not saying that to take a swipe at them, just being factual.

You have several hundred people come through the doors every day. Working hard, sweating lots, some don't flush toilets or wash their hands (grim, you know who you are!). It's impossible to keep germs at bay.

So I completely understand if you want to give the gym a miss. Or even worse, you've been told the gym's are no-go's for now. I also understand that you want to be able to keep doing something whilst you're social distancing.

That is why I put together a list of bodyweight exercises you can do at home and give you some examples of how to put them together into your own home workouts.

I have aimed this guide for people who are already used to going to the gym and exercising which is why I haven't provided exercise descriptions, just demonstrations for ideas.

If you're stuck on how to do a particular exercise, drop me a message!

If you want to exercise at home and struggling to figure out how to put the workouts together, have other equipment available to use or just want me to do it for you, I do have a soft sell for some of my services at the end of this ebook - Custom Program Designs and Online Coaching.

Have fun and get creative with your workouts!

Jon



www.JonCoulson.co.uk

Online LEAN Training

Warm Up Exercises

It's important to warm up before performing any workouts. I've put some exercises here to help loosen up joints and muscles. I would generally say 8 - 12 reps of each would be good (apart from the Quad Stretch which I would say to hold for 30 - 45 seconds)

Hip CARs - <https://youtu.be/ejEPYX-tmdk>

Wall Slides Facing - <https://youtu.be/apfzD-d52Rg>

Quad Stretch with Foot on Wall - <https://youtu.be/GnlvmBQe-m4>

Cat / Camels - <https://youtu.be/sqXKY2fbX98>

Hip Rock Back w/ 1 Leg Extended - <https://youtu.be/QpgBDZS58cl>

Side Lying Crossover - <https://youtu.be/OAFndCS8K-A>

Glute Bridges - <https://youtu.be/aKnzLQYqHo4>

Prisoner Good Mornings - <https://youtu.be/CcHvY5O1zOU>

An important note about cool downs

At the end of each workout, it is important to cool down and let your body recover. I won't give anything specific just that you should stretch out any tight muscles for about 1 minute each and focus on calm, deep breathing whilst you stretch.



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Lower Body Exercises

Bodyweight Squats - <https://youtu.be/EK51w2MgSX0>

Wall Sits - <https://youtu.be/oWsl6MlsLeQ>

Bear Squats - <https://youtu.be/Pd4tpAjmh3g>

Wall Assisted Split Squats - <https://youtu.be/gawfKwOIRCA>

Split Squats - <https://youtu.be/2XZC8jp8n78>

Reverse Lunges - <https://youtu.be/4fCUwE9JOqY>

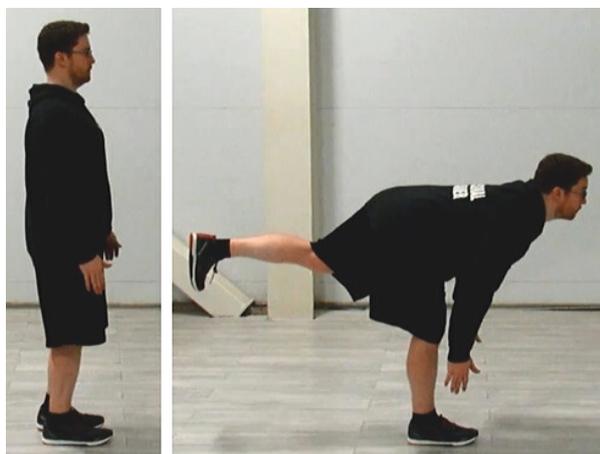
Side Lunges - <https://youtu.be/pXBwl3ViBJY>

Hip Thrusts - <https://youtu.be/fCA9vgRptzA>

1 Leg Romanian Deadlifts - <https://youtu.be/9bw41CaHIMA>

Hip Lifts - <https://youtu.be/hZSutbOkhL8>

Glute Bridge Walk Outs - <https://youtu.be/-MIWc1jaBh4>



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Upper Body Exercises

Incline Press Ups - <https://youtu.be/lsjt81b1B8g>

Press Ups - <https://youtu.be/MUWzVPvBn3I>

Decline Press Ups - <https://youtu.be/TkzdTFUXxjw>

Walkouts - <https://youtu.be/AWx6C2YvZJ8>

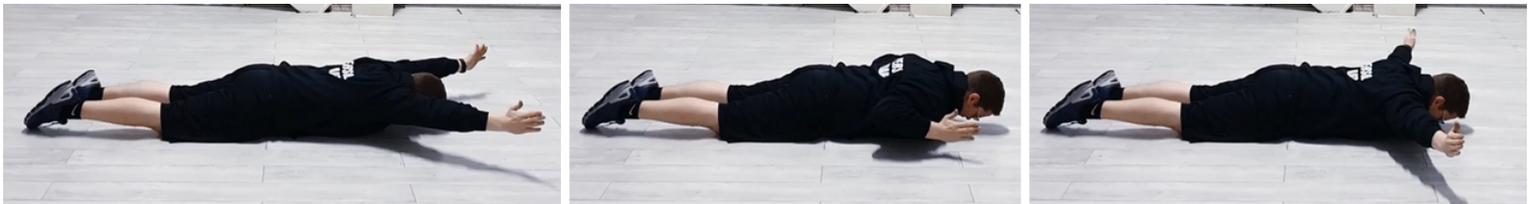
YWT's - <https://youtu.be/2-vOOG4TM6c>

W's into Y's - <https://youtu.be/jvqn2cEcpoo>

Low box Batwing T's - <https://youtu.be/sbe5tcBy09E>

Prone Blackburns - <https://youtu.be/LTmksemt078>

Scap Push Ups - <https://youtu.be/j2Xg1LldYn0>



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Core Exercises

Mountain Climbers - <https://youtu.be/XlQoAusYxiw>

Cross Body Mountain Climbers - https://youtu.be/7jiQ_kdNZIU

Ab Crunch - <https://youtu.be/HDyTk-byMfs>

Reverse Crunch - <https://youtu.be/5jDC-R3TXag>

Modified Side Plank - <https://youtu.be/MqGSMdNMhYQ>

Side Plank From Knees - <https://youtu.be/c2TB7CeAj00>

Side Plank - https://youtu.be/wgvS_aa1XGA

Front Plank From Knees - <https://youtu.be/iuPSsu4k9GU>

Front Plank - <https://youtu.be/JgPweW0eZK8>

Plank Jacks - https://youtu.be/8hVDV5fX_fs

Deadbugs - <https://youtu.be/e8ZPqaVkJus>

Hollow Body Holds - <https://youtu.be/pZCjMuLyWrs>



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Full Body Exercises

Bear Crawls - <https://youtu.be/9HAQPI5qMew>

Total Body Extensions - https://youtu.be/9jTT_H1Z1I8

Squat Thrusts - <https://youtu.be/1lcrw7REaFc>

Burpees - <https://youtu.be/GqLSrV9qTml>

Modified Burpees - <https://youtu.be/dgJKQJyZhz8>

Jumping Jacks - <https://youtu.be/QW25YNfzv1k>

Modified Jumping Jacks - <https://youtu.be/pgCHVU2LZZs>



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3 Ways To Make It More Difficult

1) Slow it down!

If you're blitzing the exercises at a pace that Lightning McQueen would struggle to keep up with, slow it all down.

Take 3 - 4 seconds to lift up during an exercise and 3 - 4 seconds to lower.

Feel the horrible, horrible difference?

2) Make it 1.5 reps

Instead of performing an exercise straight up and straight down for a standard 1 rep, try adding in a half rep.

So for example on the squat - you would squat down, only come halfway up then squat back down. Then come up to standing.

3) Make it AMRAP

AMRAP means As Many Reps As Possible (with good form and that's important).

If you're giving yourself 10 bodyweight squats to do but you're easily capable of doing 20 - 30, there's no benefit to stopping at 10.

Instead, see how many you can do.

I would suggest either 1 set of doing AMRAP

or

Perform 1 or 2 normal sets of reps and then on your last set perform AMRAP



Online LEAN Training

Build Your Own Workouts

What to do with the exercises?

Honestly, whatever you like - train in the way you like and that suits you.

If you're not sure, here are some ideas for how to put the exercises together in a workout

Idea 1: Super sets

Warm Up Exercises

1a) Upper Body Exercise
1b) Lower Body Exercise

2a) Upper Body Exercise
2b) Lower Body Exercise

3a) Core Exercise
3b) Core Exercise

4a) Full Body Exercise
4b) Full Body Exercise

Idea 2: Trisets

Warm Up Exercises

1a) Upper Body Exercise
1b) Lower Body Exercise
1c) Core Exercise

2a) Upper Body Exercise
2b) Lower Body Exercise
2c) Core Exercise

3a) Full Body Exercise
3b) Full Body Exercise
3c) Full Body Exercise

Idea 3: Circuits

Warm Up Exercises

1a) Lower Body Exercise
1b) Upper Body Exercise
1c) Core Exercise
1d) Full Body Exercise
1e) Lower Body Exercise
1f) Upper Body Exercise
1g) Core Exercise
1h) Full Body Exercise

Easy to set timer for intervals:

30 sec work / 30 sec rest
30 sec work / 60 sec rest
45 sec work / 45 sec rest
45 sec work / 60 sec rest



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Working With Me

It's tough times for everyone and I don't want to make a dick move of profiteering from it, like those brothers who bought 18,000 hand sanitisers and tried to sell them at inflated prices....only for Amazon, Facebook and Ebay to ban that practice. Lol.

Which is why I even debated putting this section in.

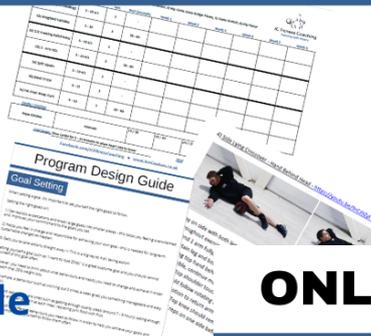
The honest reality is I am a small business and whilst I have my loyal band of in person clients and online clients supporting me, the current climate is making it hard to find new clients.

If you need a little extra help, ideas or just want it done for you then drop me a message

CUSTOM PROGRAM DESIGN

CONTACT ME FOR DETAILS

- Initial Assessment
- Custom Workouts
- Templates To Follow
- Program Design Guide
- Exercise Guide & Video Demo's



ONLINE PERSONAL TRAINING

2 SPACES AVAILABLE

- Custom Workouts
- Nutritional Coaching
- Private FB Group
- Online Training Portal
- Guides, Recipes & More

