



WELLNESS MATTERS MORE THAN EVER



# STRENGTH TRAINING WITHOUT WEIGHTS

Exercising at home has never been easier! Did you know you can strength train at home without using weights? Try working through each of these exercises for the suggested amount of repetitions and sets to get a full body workout at home.

Unsure about how to perform an exercise? You can look up images or videos of these exercises on the internet for guidance.

<p><b>1</b></p> <p><b>PUSH-UPS</b> 10 reps, 2 sets</p>	<p><b>2</b></p> <p><b>BACK EXTENSIONS</b> 10 reps, 2 sets</p>	<p><b>3</b></p> <p><b>TRICEPS DIPS</b> 10 reps, 2 sets</p>	<p><b>4</b></p> <p><b>TRICEP ONE-ARMED PUSH-UPS</b> 10 reps, 1 set per side</p>	<p><b>5</b></p> <p><b>PLANK</b> 60 seconds, 2 sets</p>
<p><b>6</b></p> <p><b>PUSH UP WITH SIDE PLANK</b> 10 reps, 2 sets</p>	<p><b>7</b></p> <p><b>BIRD DOG</b> 10 reps, 2 sets</p>	<p><b>8</b></p> <p><b>ROLL UPS WITH BURPEES</b> 8 reps, 1 set</p>	<p><b>9</b></p> <p><b>SQUAT</b> 10 reps, 2 sets</p>	<p><b>10</b></p> <p><b>FRONT AND REVERSE LUNGE</b> 10 reps, 1 set per side</p>
<p><b>11</b></p> <p><b>PLIE SQUAT</b> 10 reps, 2 sets</p>	<p><b>12</b></p> <p><b>STANDING CALF RAISES</b> 10 reps, 2 sets</p>	<p><b>13</b></p> <p><b>LEG LIFT</b> 10 reps, 1 set per side</p>	<p><b>14</b></p> <p><b>CRUNCHES</b> 10 reps, 2 sets</p>	<p><b>15</b></p> <p><b>BICYCLE CRUNCH</b> 10 reps, 2 sets</p>
<p><b>16</b></p> <p><b>VERTICAL LEG CRUNCH</b> 10 reps, 2 sets</p>	<p><b>17</b></p> <p><b>REVERSE CRUNCH</b> 10 reps, 2 sets</p>			

These exercises and more can be found at [darebee.com](https://darebee.com).