

Strength Training Gym Workouts

Glutes and Legs

Gym Equipment

Upstairs Machines

- Squats
- Leg extensions
- Hamstring curls
- Calf raises

Downstairs Machines

- Hip adductor
- Leg presses
- Leg extensions
- Hamstring curls

TRX

- Pistol squat
- Hamstring curl
- Hamstring runner
- Mountain climber

Floor Exercises with Mini-Bands

- Marching bridge
- Single-leg bridge
- Donkey kicks
- Clamshell
- Side plank with clamshell
- Fire hydrants

Strength Training Gym Workouts

Arms, Shoulders, Chest, and Back

Gym Equipment

Downstairs Machines

- Chest butterfly
- Shoulder press
- Chest press
- Bicep curl
- Lateral pulldown and rows

TRX

- Chest press
- Chest fly
- Tricep dip
- Pull-up
- Bicep curl
- Shoulder rotation
- Rear delt fly
- Y fly
- Lat pullover
- Power pull
- Row
- Tricep push-up
- Push-up

Floor Exercises

- Push-ups
- Planks

Strength Training Gym Workouts

Core, Hips, and Balance

Gym Equipment

Downstairs Machines

- Hip abductor

TRX

- Knee-to-chest
- Crunches
- Plank
- Pike
- Side plank tap
- Oblique crunch
- Pendulum
- Seesaw

Exercise Ball

- Crunches

Floor Exercises

- Floor balance practice
- Bosu ball static balance practice
- Bosu ball dynamic balance practice

Floor Exercises with Mini Bands

- Standing hip abduction
- Sidelying hip abduction
- Side plank with hip abduction

Stretching

- Calves
- Upper back
- Lower back
- Figure 4
- Abductors
- Half kneeling hip flexor with tri-planar reach
- Standing ITB stretch
- Side lunge adductor stretch
- Prone press up
- Sidelying lumbar rotation stretch
- Hamstrings
- Quads
- Arms and shoulders

Strength Training Home Workouts

Legs and Glutes

TRX

- Pistol squat
- Hamstring curl
- Hamstring runner
- Mountain climber

Floor Exercises with Mini-Bands

- Marching bridge
- Single-leg bridge
- Donkey kicks
- Clamshell
- Side plank with clamshell
- Fire hydrants

Outdoors

- High elevation hike
- Bike ride

Strength Training Home Workouts

Arms, Shoulders, Chest, and Back

TRX

- Chest press
- Chest fly
- Tricep dip
- Pull-up
- Bicep curl
- Shoulder rotation
- Rear delt fly
- Y fly
- Lat pullover
- Power pull
- Row
- Tricep push-up
- Push-up

Floor Exercises

- Push-ups
- Planks

Resistance Bands

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Strength Training Home Workouts

Core and Balance

TRX

- Knee-to-chest
- Crunches
- Plank
- Pike
- Side plank tap
- Oblique crunch
- Pendulum
- Seesaw

Floor Exercises with Sliders

- Mountain climber
- Twisting mountain climber
- Pikes
- Spiderman plank
- Plank jack
- Arm slide-out

Exercise Ball

- Crunches

Floor Exercises

- Floor balance practice
- Bosu ball static balance practice
- Bosu ball dynamic balance practice
- Exercises from Bosu book

Floor Exercises with Mini Bands

- Standing hip abduction
- Sidelying hip abduction
- Side plank with hip abduction