



At Home Workouts

Hey There!

If you downloaded this file, then you're likely looking for some at home workout inspiration.

At BarBend, we wanted to offer a few at home workout options to readers. The workouts and exercise ideas below are not from us, but a variety of athletes. We thought it would be cool to build a .pdf that hosted a variety of workouts from different athletes from all walks of life.

- [Jordan Syatt | Strength Coach](#)
- [Jennifer Thompson | 11-Time IPF Champion](#)
- [Francheska Martinez | Certified ONNIT Academy Coach](#)
- [Khan Porter | 6-Time CrossFit Games Athlete](#)
- [Angela Gargano | 3-Time American Ninja Warrior Contestant](#)
- [JamaRR Royster | Elite Powerlifter and Strength Coach](#)
- [Kari Pearce | 5-Time CrossFit Games Athlete](#)
- [Lulu Faria | CrossFit Athlete and Coach](#)
- [More At Home Workout Content](#)

Whether you're into strongman, powerlifting, weightlifting, bodybuilding, or CrossFit, you're likely going to need to get creative over the next few weeks with how you're training and working towards your goals.

Make sure to check out [BarBend](#) on a regular basis for more workout inspiration and ideas!

In Strength,

The BarBend Team



Jordan Syatt

Jordan Syatt is a record-setting powerlifter, strength & nutrition coach, and content producer who's best known to many as Gary V's personal trainer.

- **Instagram:** <https://www.instagram.com/syattfitness/>

An 18-Minute Workout For You...

Workout Name: F*** Corona

Workout Instructions:

Set the clock for 10-minutes and begin the first circuit. Repeat the first circuit as many times as possible before the clock runs out.

Take a 3-minute break. Then set the clock for 8-minutes and begin the second circuit. Repeat the second circuit as many times as possible before the clock runs out.

Circuit 1: Lower Body

- 1a) Squat x 8
- 1b) Alternating Reverse Lunge x 8/leg
- 1c) Bodyweight Hip Thrust x 10
- 1d) Side Plank x 15sec/side

Circuit 2: Upper Body + Core

- 2a) Push-Up x 5 (elevate your hands if needed)
- 2b) Lateral Bear Crawl x 5/side
- 2c) Reverse Crunch x 5
- 2d) Burpee x 10

Jennifer Thompson

Jennifer Thompson is a decorated elite powerlifter who's broken multiple world records and is arguably one of the strongest women in the world.

- **Instagram:** <https://www.instagram.com/jenthompson132/>

My favorite at home exercises:

Perform these to the best of your abilities and try to accrue reps and sets each day to keep progressing!

1. Handstand push-ups against a wall
2. Variation push ups ladder; wide, narrow, diamond
3. Reverse (tricep) push ups on a chair
4. Dumbbell single leg Bulgarian Squats
5. Dumbbell single leg RDL's (Romanian Deadlifts)
6. Pistol squats
7. Wall squats

Abs, abs, abs :

In addition to the above list, performing a lot of core workouts are key to ensuring you're progressing while homebound.

1. Crunches
2. Leg raises
3. Bicycle kicks
4. Planks: front and side

Francheska Martinez

Francheska Martinez is a Certified ONNIT Academy and ANIMAL FLOW Coach, specializing in kettlebells and bodyweight training.

- **Instagram:** <https://www.instagram.com/francheskafit/>

Full-Body Workout | No Equipment Needed

Warm-Up: 3 Rounds | No rest

Squat to Lateral Lunge x 45s
Eccentric Push-Ups (3-0-1-0) x 45s
Reaching Mt. Climbers

Primary Circuit: 5 Rounds | Rest as needed

Eccentric Bulgarian Split Squat with Jump x 10 each leg
Inverted Push-Ups (from downward dog) x 10 reps
Skater Jumps x 20 reps

Secondary Circuit: 4 Rounds | Minimal Rest

Hinge Jumps x 10 reps
Single Leg Glute Bridges x 20 each leg
Hollow body Hold

Finisher: 6 Rounds | Minimal rest

Side Plank Iso-Hold (R) x 30s / Side Plank Iso-Hold (L) x 30s
Quadruped Toe Taps x 30s

Decompression: 1 Round

Kneeling Spine Waves x 5 reps / Cat Cows x 10 reps
Pedal Out Calves in Downward Dog x 30s
Seated Tricep Stretch x 15s each side

Khan Porter

Khan Porter is a 6-time Reebok CrossFit Games athlete that has competed both as an individual and on team.

- **Instagram:** <https://www.instagram.com/iamkhanporter/>

The below workouts have been provided by Khan Porter from Sweat Therapy CO's site.

BW only

- 75 strict HSPU
- Every time you split, perform 14 pistols

Scaling

- HSPU: Kipping, reduce reps, hand release push ups
- Pistols: double rep air squats

20-1

- Push up + kick sit
- 2-4-6-8...40
- Reverse lunges

EMOM x20

- Min 1: 16 burpees
- Min 2: 20 plyo lunges

Scaling: burpee reps should be doable in under 0:55

Angela Gargano

Angela Gargano is a 3-time star of NBC's American Ninja Warrior, Women's Health Next Fitness Star Finalist, & winner of Miss Fitness America 2016. She currently lives and coaches in NYC.

- **Instagram:** https://www.instagram.com/angela_gargano/

Equipment Less At Home Workout

Don't have equipment at home? Don't have a barbell? Well..Most of us have brooms yes? You can make some pretty significant strides strength wise JUST using a broom. Below I put a workout you can do completely at home, check it out!

- Perform 4 sets of 20 reps for each movement below.

1. Broome Pull-Downs

Very similar to a military press except you will pull the broom behind your neck. Making sure to keep your lats active the ENTIRE way down so that you really feel the burn!

I tell my clients to pretend they are literally going to break the broom in half as they pull-down. I love this as an upper body move as well as it's a great drill for pull-ups!

2. Broome Alternating Pull-Downs

Same concept as above except you will keep one arm straight and bend the other down. Alternating with each side

3. Deadlifts

Literally use the broom and pretend it's a barbel. Start by, turning those palms in and activating those lats to protect your lower back. Make sure

to HINGE at the hips, since this is a super light weight is important to really make sure you are correctly hinging.

This is another great way to teach your body how to have active lats for pull-ups

4. Staggered Stance Deadlifts

Same as above except you will stagger your feet. Pulling one foot back to align with the other heel. This is a great move to focus more on a single leg and is also a great translation to running & other sports where you aren't always going to land square on.

I use this ALOT to keep my ACL Knee healthy and they have been a game changer

5. Overhead Squat

This is a great time to practice that overhead squat with the broom overhead. Focusing on FORM, by building up this strength when you get back to the gym you will feel more confident when weight is increased.

Use the broom as a microphone and jam out to your favorite songs...this require minimal skill but with practice you will become a complete legend

Since there is NO weight on this broom and we are mainly focusing on form, do a significant number of each and I promise you...you will feel the burn!

Simple, effective movements that will 100% help your performance, keep you strong, & feel the burn!

JamaRR Royster

JamaRR Royster is strength coach and elite level powerlifter who regularly competes on national-level platforms.

- **Instagram:** <https://www.instagram.com/pancakegawd/>

First Focus On Nutrition!

This is the best time to create new nutritional habits or simply reinforcing current ones. Make sure you're focused on getting enough protein, but don't neglect fats and carbs.

If you don't want to take the time to study up on macros, I'd recommend seeking out professional help (Registered dietitian).

Second, the Workout!

I'd recommend doing an at home workout that focuses on 5 key movements: push, pull, squat, hinge, and lunge.

- Perform 6-8 rounds for 10 reps each or 30s each. And finish off with a light 4-6min jog around my neighborhood.

Push: My push is of course the classic push up (you can advance it to make it harder for yourself)

Pull: My pull is the classic pull up. Get creative with how you can perform these around your house, but be careful!

Squat: For my squat I would incorporate my dumbbells and may advance it for a challenge (ex: DB Thrusters)

Hinge: For my hinge it'll be either DB swings or DB RDLs

Lunge: And I'd just do a walking DB Lunge.

Kari Pearce

Kari Pearce is a 5-time CrossFit Games and was the fittest woman in American in the 2020 CrossFit Open.

- **Instagram:** <https://www.instagram.com/karipearcecrossfit/>

Workout 1

Level 1: 2 Rounds | :50 on :10 off

- Floor Thrusters
- Flutter Kicks
- T-Push-Ups From Knees
- Superman Lifts
- Windshield Wipers With Bent Knees

Level 2: 2 Rounds | :50 on :10 off

- Floor Thrusters
- Flutter Kicks In a Hollow Body
- T-Push-Ups
- Superman Rocks
- Windshield Wipers

Workout 2:

Level 1 | AMRAP 10

- 8 Burpees
- 8 Side Tuck-Ups Each Side
- 16 Bent Knee Hollow Rocks

Level 2: AMRAP 10

10 Burpees
10 Side V-Ups Each Side
20 Hollow Rocks

Lulu Faria

Lulu faria is a CSCS holding independent personal trainer and is a competitive CrossFit athlete.

- **Instagram:** <https://www.instagram.com/lulu.faria/>

10 Rounds for time:

- 10 V-ups
- 10 Lunges (R+L=2; make it lateral if you have the room)
- 10 squat thrust (Burpee without the push-up)
- 10 push-ups
- 10 mountain climber twist (knee to opposite elbow)

RX+

- 1) Pike push-up
- 2) 15 reps of each
- 3) both

For More At Home Fitness Content

As mentioned above, if you're hungry for more fitness content, then check out some of our articles below!

- [6 Great Bodyweight Exercises for Powerlifters](#)
- [3 Leg Workouts You Can Do At Home](#)
- [14 At Home Dumbbell Workouts for Strength & Mass](#)
- [CrossFit Workouts to Do At Home](#)
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- [3 Productive At Home Strategies for Lifters](#)
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