**TEAM VR Weekly Advice Home Workouts!**

**Watch Video Attached and then use the exercises below to devise a plan!**

 **VIDEO:**[**http://youtu.be/ogVALJDDry4?hd=1**](http://youtu.be/ogVALJDDry4?hd=1)

**List of Exercises based off of movement**

**“Push” Exercises
(chest, triceps, front and side delts)**

**Chest-focused push-up variations**

         [Incline push-ups](https://exrx.net/WeightExercises/PectoralSternal/BWInclinePushup)

         [Push-ups from knees](https://exrx.net/WeightExercises/PectoralSternal/BWPushupKnee)

         [Push-ups](https://exrx.net/WeightExercises/PectoralSternal/WtPushup)

         [Decline push-ups](https://exrx.net/WeightExercises/PectoralClavicular/BWDeclinePushup)

         [Uneven push-ups](https://www.livestrong.com/article/543256-what-is-an-uneven-pushup/)

o    *If you lean toward the elevated arm, you can get a great stretch through your pec; the elevation doesn’t need to be (and shouldn’t be) particularly large for it to be beneficial.*

         [Band-resisted push-ups](https://www.youtube.com/watch?v=rX-rWx0Ujzo)

o    Incline one-arm push-ups

         [Regular one-arm push-ups](http://www.beastskills.com/one-arm-pushup/)

         [Push-ups on gymnastics rings or suspension trainer](https://www.exercises.com.au/ring-push-ups/)

o    *You would progress this exercise by moving the rings closer and closer to the floor over time*

         Dumbbell press (with adjustable dumbbells or water jugs)

**Triceps-focused push-up variations**

         Narrow grip incline push-ups

         Narrow-grip push-ups from knees

         Narrow-grip push-ups

o    *For all of these exercises, the more you tuck your elbows, the more triceps-focused the exercise should be.  Try to think about your elbows rubbing your ribcage.*

         Decline narrow-grip push-ups

         Band-resisted narrow-grip push-ups

**Dip variations**

         [Bench dips](https://exrx.net/WeightExercises/Triceps/BWBenchDip)

         Bench dips with feet elevated

         Bench dips with feet elevated and some sort of weight across lap

         Parallel dips (between [tables or counters](https://www.youtube.com/watch?v=y4mCllu5Qps) of similar heights)

         [Band-resisted parallel dips](https://www.rubberbanditz.com/weighted-dips/)

o    *You can also do these with the band*[*anchored near the floor and looped around your neck*](https://www.youtube.com/watch?v=Rmytwcx4b1w)*; you can also put the*[*band under your knees*](https://i.pinimg.com/originals/31/5c/fa/315cfa671dedbb3f1bc0e32175cdb4bc.jpg)*to provide assistance rather than resistance, like this.*

         [“Straight bar” dips](https://www.gymnasticbodies.com/include-single-bar-dips-routine/) (using the edge of a table.  A counter probably wouldn’t work)

         [Dips on gymnastics rings](https://exrx.net/WeightExercises/PectoralSternal/STChestDip) or suspension trainer

**Overhead pressing**

         [Pike Press](https://exrx.net/WeightExercises/DeltoidAnterior/BWPikePress)

o    *You can do these on the floor, with your feet elevated on a chair, or with hands and feet elevated on chairs*

         Partial ROM handstand push-ups

         [Handstand push-ups](https://www.crossfitinvictus.com/blog/the-handstand-push-up/)

         [Extended ROM handstand push-ups](https://exrx.net/WeightExercises/DeltoidAnterior/BWHandstandPressBench) (hands elevated)

         [Bilateral band OHP](https://atemi-sports.com/wp-content/uploads/2019/08/Shoulder-Press-1.jpg)

         [Unilateral band OHP](https://www.youtube.com/watch?v=ElhdfxCirdQ)

         [DB OHP with adjustable dumbbells](https://exrx.net/WeightExercises/DeltoidAnterior/DBShoulderPress) or water jugs

o    *You can obviously do these standing or seated*

**Other triceps exercises**

         [Incline bodyweight triceps extensions](https://lh3.googleusercontent.com/proxy/Ick7mMFuFAjAqwh93MsZULTNwc8zKB0PdBLocNPnvR55MOEXRifyGRkTxcPiQsfk9n7SUhzDHPCJDbk5vndDohDIqJZIj8Af2zERza2eXPIw1ovRebwjSaEZ42aeytX6-qdWBw)

         [Bodyweight triceps extensions](https://www.youtube.com/watch?v=VYgVTinbx_A)

         Decline bodyweight triceps extensions

         Band-resisted bodyweight triceps extensions

         Any sort of dumbbell triceps extension (with adjustable dumbbells or water jugs)

         [Band push-downs](https://cdn-ami-drupal.heartyhosting.com/sites/muscleandfitness.com/files/1280-band-pushdown.jpg)

         [Gymnastics rings/suspension trainer bodyweight triceps extension](https://www.youtube.com/watch?v=wACo_KKsfkI)

o    *You can make these more challenging by bringing the rings closer to the floor*

**Other pec exercises**

         Flyes with adjustable dumbbells or water jugs

         [Bodyweight flyes with gymnastics rings or suspension trainer](https://www.youtube.com/watch?v=A0ptzi0tfM4)

o    *You can make these more challenging by bringing the rings closer to the floor*

**Other delt exercises**

         [Band side lateral raises](https://www.youtube.com/watch?v=yfNg5sFndbw)

         [Band front delt raises](https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/workouts/2016/12/bandfrontraise-1480629927.gif)

o    *You can also perform these unilaterally*

         Side lateral raises with adjustable dumbbells or water jugs

         Front delt raises with adjustable dumbbells or water jugs

**“Pull” Exercises
(lats, biceps, rear delts, traps)**

**Horizontal pulls**

         [Table rows](https://www.youtube.com/watch?v=jjSaYXeKiNk)

         Backpack-weighted table rows

         [Band rows](https://www.cdn.spotebi.com/wp-content/uploads/2017/12/band-seated-row-exercise-illustration-spotebi.jpg)

         Single-arm table rows

         [Single-arm band rows](https://www.youtube.com/watch?v=u_86gl58qBM)

         [Bodyweight rows with gymnastics rings](https://www.youtube.com/watch?v=xhlReCpAE9k) or suspension trainer

o    *You can make these more challenging by bringing the rings closer to the floor or adding weight via a backpack*

**Vertical pulls**

         [Motorcycle row with band](https://www.youtube.com/watch?v=i-9oVuWe1_s)

         [Regular grip pull-ups](https://exrx.net/WeightExercises/LatissimusDorsi/BWPullup)

         Wide grip pull-ups

         [Chin-ups](https://exrx.net/WeightExercises/LatissimusDorsi/BWUnderhandChinup)

         Neutral-grip pull-ups

         [Band-assisted pull-ups](https://www.nerdfitness.com/wp-content/uploads/2019/03/assisted-pull-up-staci.gif)

o    *The band can either go under your foot or under your knees*

         [Pull-ups on door frame](https://www.youtube.com/watch?v=-1vv0SVCc5w)

         Pull-ups on a tree branch

         [Band-resisted pull-ups](https://www.youtube.com/watch?v=IeVVM_6QPFU)

         Backpack-weighted pull-ups

**Upright pulls**

         [Band upright rows](https://www.rubberbanditz.com/upright-rows/)

         Upright rows with adjustable dumbbells, water jugs, or a backpack

**Other lat exercises**

         [Band pull-overs](https://www.youtube.com/watch?v=lxU6S-zLzaY)

         Pull-overs with adjustable dumbbells or water jugs

**Other biceps exercises**

         [Band curls](https://www.youtube.com/watch?v=vWDS75nm7aA)

o    *You can also do these unilaterally by choking up on the band*

         Curls with adjustable dumbbells or water jugs

**Other rear delt exercises**

         [Band pull-aparts](https://www.youtube.com/watch?v=okRUV0bdXAU)

         Rear delt raises with adjustable dumbbells or water jugs

 **Quad-dominant lower body exercises**

         [Bodyweight squats](https://exrx.net/WeightExercises/Quadriceps/BWSquat)

         [Reverse lunges](https://exrx.net/WeightExercises/GluteusMaximus/BBRearLunge)

         [Walking lunges](https://exrx.net/WeightExercises/Quadriceps/DBWalkingLunge)

         [Split squats](https://exrx.net/WeightExercises/Quadriceps/BWSplitSquat)

         [Rear-leg elevated split squats](https://exrx.net/WeightExercises/Quadriceps/BWSingleLegSplitSquat)

         Rear and front-leg elevated split squats

         [Single-leg squat with leg back](https://exrx.net/WeightExercises/GluteusMaximus/BWSingleLegSquatLegBack)

         [Pistol squat](https://exrx.net/WeightExercises/Quadriceps/BWSingleLegSquat)

         Pistol squat to a chair or couch

         Pistol squat with assistance

*For any of the above exercises, you can use bands or adjustable dumbbells for added resistance.  Heavy band resistance is recommended for the squats. You can do them front squat style*[*like this*](https://cdn-ami-drupal.heartyhosting.com/sites/muscleandfitness.com/files/media/800-band-front-squat-2.jpg)*, or put the bands across your traps to use them back squat style.*

**Glute exercises**

         [Lying hip abduction](https://www.youtube.com/watch?v=I6Iv_GW7bQc)

         [Donkey kicks](https://www.youtube.com/watch?v=Lr6ZWfWpz0M)

         [Frog pumps](https://www.youtube.com/watch?v=kr8t5q8xRLc)

         [Step-ups (the stricter the better)](https://exrx.net/WeightExercises/Quadriceps/DBStepUp)

         Double leg [hip thrust](https://www.youtube.com/watch?v=Zp26q4BY5HE) or[glute bridge](https://www.youtube.com/watch?v=evOnUDkq9f4)

         Single leg hip thrust or glute bridge

         Hip thrust or glute bridges with band around knees and/or added weight across the lap

 **Hamstrings-dominant exercises**

         [Single-leg RDL](https://exrx.net/WeightExercises/GluteusMaximus/BWSingleLegStiffLegDeadlift)

o    *Could use adjustable dumbbells or bands to increase challenge*

         [Hamstrings walkouts](https://www.youtube.com/watch?v=OzdSDZZPtdE)

o    *Could use adjustable dumbbells to increase challenge*

         [Hanging/Gliding leg curls](https://exrx.net/WeightExercises/Hamstrings/BWHangingLegCurl)

o    *Can elevate legs or leave them on floor*

         [Gymnastics rings/suspension trainer leg curl](https://exrx.net/WeightExercises/Hamstrings/STLegCurl)

o    *Could add weight across the lap to increase challenge*

         [Band deadlifts or RDLs](https://simonsterstrength.com/wp-content/uploads/2013/10/SQUATS.jpg)

         [Nordic curl](https://exrx.net/WeightExercises/Hamstrings/ASHamstringRaiseSelfFloor)

         Band-assisted Nordic curl

         Band-resisted good morning

 **Abdominal exercises**

         [Reverse crunch](https://www.youtube.com/watch?v=gAyTBB4lm3I)

         [Sit-ups](https://exrx.net/WeightExercises/RectusAbdominis/BWSitUp)

         [Crunches](https://exrx.net/WeightExercises/RectusAbdominis/BWCrunch)

         [Ab rollout with ball](https://www.youtube.com/watch?v=Oad3DhgxJhI)

         [Jackknife sit-up](https://exrx.net/WeightExercises/RectusAbdominis/WtJackKnifeSitUp)

         [Hanging leg raise](https://exrx.net/WeightExercises/HipFlexors/BWHangingStraightLegRaise)

         [Gymnastics rings/suspension trainer fall-out](https://exrx.net/WeightExercises/RectusAbdominis/STRollout)

         [Hanging pike](https://exrx.net/WeightExercises/RectusAbdominis/BWHangingStraightLegHipRaise)

         [Lying leg raise](https://exrx.net/WeightExercises/HipFlexors/BWStraightLegRaise)

         [Seated leg tucks](https://exrx.net/WeightExercises/HipFlexors/BWSeatedLegRaise)