Twitter Thread by The Giver - Transformation Coach

The Giver - Transformation Coach
@AskTheGiver

“I don’t have time”
“I can’t go to the gym”
“I can’t afford equipment”

Stop that shit.

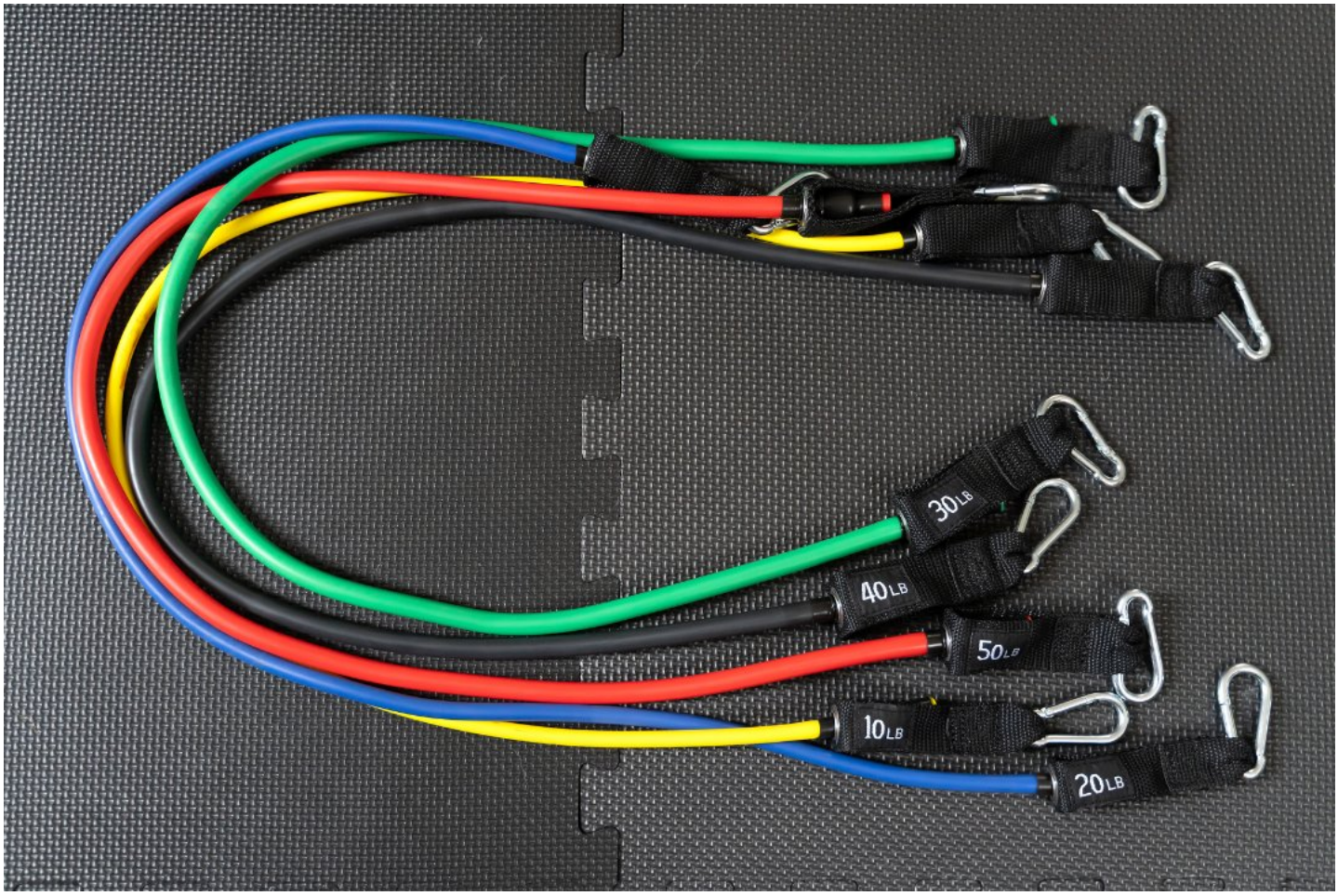
Below are 12 at-home exercises you can use to hit every muscle group in no time at all:



Before we jump in, get yourself a pair of resistance bands

They're approx $20 on Amazon and will give you a higher variety of efficient exercises

Let's begin:



1.) Bench Dips

You can do these on the couch, a bench, the counter, etc...

Let your triceps do all the work

Aim for 3 sets within a few reps of failure



2.) Push-ups

You only hate them because you don't do them

Start from your knees and let your upper body do all the work.

Do 3 sets till failure. Track your progress and try to do 2-3 more each week



3.) Pull Aparts

One of my favorite exercises for developing your Traps.

You'll feel some crazy burn with these.

Push through it and do as many as possible



4.) Seated Row

Great for developing your mid to upper back.

After you bring the bands back, release them slowly to increase time under tension.

3 sets of 15-20



5.) Overhead Tricep Extensions

Wrap the bands around something heavy or stand on them.

Don't move your shoulders, let your triceps do all the work.

3 sets of 12-15.

