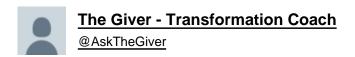
# Twitter Thread by The Giver - Transformation Coach





- "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.



