Twitter Thread by Johnny Brown

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“I don’t have time to exercise.”

Yes, you do.

No gym?
No equipment?
No excuses!

This 15-minute workout will hit your whole body, at home, with no equipment:

Exercise is a key component of a long, healthy life.

Key benefits:

- Build muscle
- Improve mood
- Manage weight
- Increase confidence
- Improve brain health
- Improve quality of life
- Reduce risk of disease
- Increase life expectancy
- Strengthen bones and muscles



Despite all of these benefits, people don't do it.

Most common excuse?

"No time."

People lead busy lives, but the idea that they can't fit in exercise is simply not true.

15 minutes a day is all you need to prioritize your health with no equipment and without leaving home.

1. Body weight squat

These develop your:

- Glutes
- Quads
- Hamstrings
- Calves
- Core

Try to get your quads parallel to the ground each rep.

Progress: slow down your reps for added resistance.

The best part? These can be done literally anywhere.



2. Push-ups

This upper-body exercise has stuck around for a reason: it works.

Push-ups develop your:

- Chest
- Shoulders
- Triceps
- Core

If you can’t do full push-ups at first, start on your knees.

Progress: move your hands closer and further apart to work different areas.



3. Pull-ups

You can do these using a door frame or a bar outside.

These develop your:

- Back
- Traps
- Shoulders
- Biceps
- Core
- Forearms

Use a chair to assist yourself if they’re too difficult at first.

Progress: wear a heavy backpack for more resistance.



4. Single-leg deadlifts

These develop your:

- Posterior chain
- Hamstrings
- Calves
- Back
- Core

The key here is to have slow, controlled movements.

Move down slowly until you feel your hamstrings stretch.

Progress: use dumbbells for extra weight.

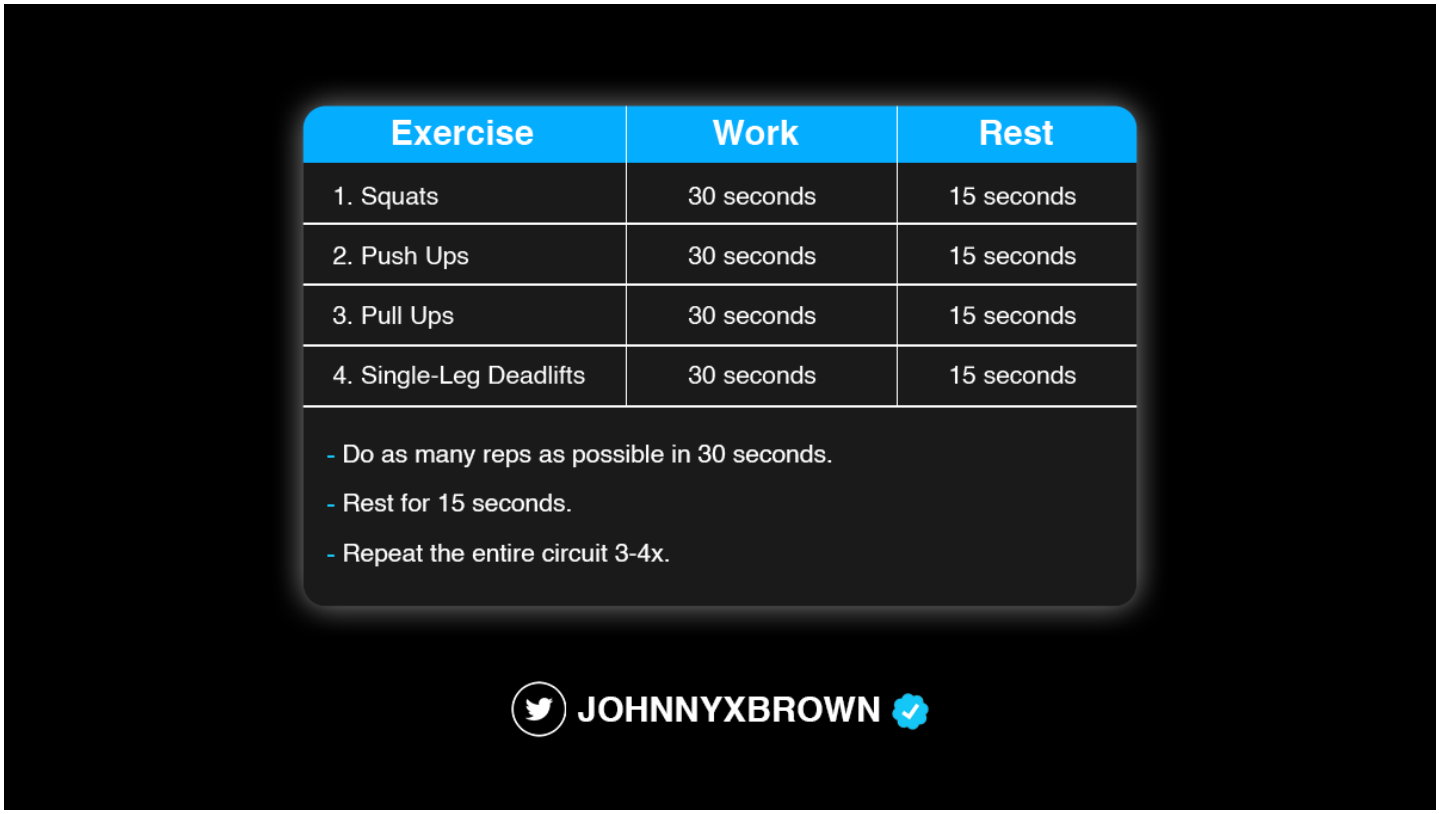


Ready to stop using time as an excuse?

Use this 15-minute workout 3x a week to grow a strong, lean body from your home.

Progressive overload:
- Try to get more reps in the 30 seconds each week
- Use the progress tips in each tweet to make the exercise harder.

Push yourself!



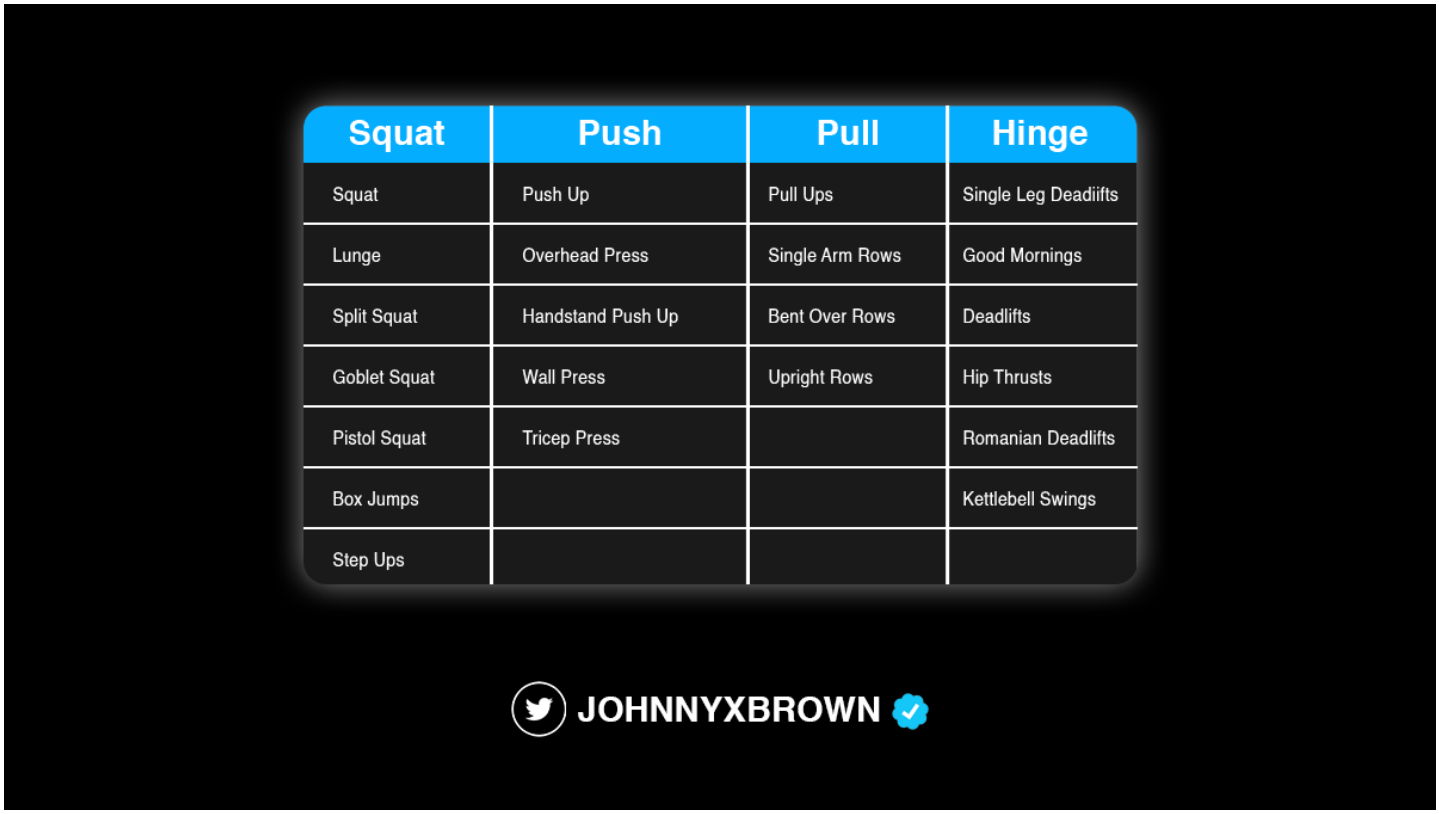
Want more variation?

To work the entire body, we need:

1. Squat movement
2. Pull movement
3. Push movement
4. Hinge movement

You can change up the workout and choose different movements, just make sure you're hitting these categories.

Here's a few more exercise options:



Want to progress even faster?

- Eat high protein
- Drink 3-4L of water per day
- Eat nutrient-dense foods
- Sleep 7-8 hours per day

Do this consistently and you'll see massive progress.

It isn't as hard as you think!

4 exercises to work your whole body in 15 minutes from home:

- Body weight squat
- Push-ups
- Pull-ups
- Single-leg deadlift

What else would you add? ■

If this thread was helpful to you, please:

- Retweet the 1st tweet to help others find it
- Follow me @johnnyxbrown

I share daily insights on health optimization, habits, and discipline. ■■
https://t.co/euj5sQgZkK

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— Johnny Brown (@johnnyxbrown) December 10, 2022