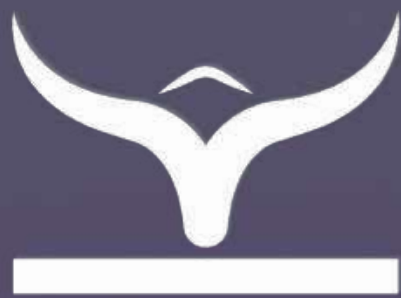


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COVID-19 SPECIAL  
**HOME WORKOUT  
EBOOK**

A GYMNASTIC/MINIMALIST EQUIPMENT BASED  
GUIDE TO STAYING FIT AND STRONG AT HOME



**KINĒSIS**  
PERSONAL TRAINING



## ABOUT THIS EBOOK

Quite simply, we're in a bit of unpleasant situation right now. COVID-19 has meant many of us may be forced into some kind of social restriction/lock down. As a result, going to the gym is becoming harder and harder, making home based workouts the only viable way of exercising!

I wrote this book in direct response to the current situation in an attempt to provide anyone who is struggling with some kind of fun, structured, progressive exercise routine that can be done at home. Not everyone has access to a fully equipped home gym and writing interesting workouts with limited or no equipment can be really tough. So let me help you...

The workouts detailed in this ebook are largely gymnastic based and should be done with as much control and adherence to correct form as best as possible. There are 2 types of workouts available 1 for those of you have ZERO equipment and those of you of whom have some basic pieces of equipment. For the equipment based workouts all i have included are 3 of the most easily obtainable, practical and financially feasible basics. These are...

- The door frame pull up bar
- The olympic rings
- The kettlebell

Each workout is different and will concentrate on 1 specific area. The workouts will be split into the following categories and should be done in the order listed below

- 1) Upper body
- 2) Midline/Core
- 3) Lower body
- 4) Mixed modal (i.e. a mixture of all 3)

Each workout is also split into beginner, intermediate and advanced levels in order to make it more inclusive! This book also includes a full index of pictures. So if you get stuck check them out or alternatively email me at [will@kinesispersonaltraining.co.uk](mailto:will@kinesispersonaltraining.co.uk)

Enjoy these workouts, have fun, share them with your friends and family and stay safe.  
#letsbeatcoronavirus

Now lets go and train!

WILL



# LEVEL 1: BODYWEIGHT ONLY (NO EQUIPMENT)

## Workout 1: Upper body

### Beginners

3-4 rounds of each

A1: Bench press ups x12

A2: German arm swings x12

Rest 60-90s

B1: Table scapula pulls x12

B2: Forearm plank x 30s

Rest 60-90s

C1: Bench dips (Legs bent) x 8-12

C2: Superman x 30s

Rest 60-90s

D1: Defranco cuban press x8

D2: Swivel hips x20

Rest 60s

E1: Leg drivers x 12 each leg

E2: Prone YTW's x 8 (take 8s to complete each rep)

Rest 60s



### Intermediates

3-4 rounds of each

A1: press ups x12

A2: German arm swings x12

Rest 60-90s

B1: Table Pull ups x8-12

B2: Forearm plank x 45s

Rest 60-90s

C1: Bench dips (Legs straight) x 8-12

C2: Superman x 40s

Rest 60-90s

D1: Defranco cuban press x10

D2: Swivel hips x20

Rest 60s

E1: Leg drivers x 15 each leg

E2: Prone YTW's x 8 (take 12s to complete each rep)

Rest 60s





# LEVEL 1: BODYWEIGHT ONLY (NO EQUIPMENT)

## Workout 1: Upper body

### Advanced

3-4 rounds of each

A1: Diamond push ups x 8-12

A2: German arm swings x12

Rest 60-90s

B1: Table Pull ups x 12-15

B2: Forearm plank x 60s

Rest 60-90s

C1: Bench dips (Legs Elevated) x 8-12

C2: Superman x 50s

Rest 60-90s

D1: Defranco cuban press x12

D2: Swivel hips x20

Rest 60s

E1: Leg drivers x 18 each leg

E2: Prone YTW's x 10-12 (take 12s to complete each rep)

Rest 60s





# LEVEL 1: BODYWEIGHT ONLY (NO EQUIPMENT)

## Workout 2: Midline

beginners

3-4 rounds of each

A1: Bent hollow hold x 25s

A2: Cat-Cow x 5

Rest up to 60s

B1: Scapula push-ups x 8-10

B2: Shoulder Rotations x 20

Rest upto 60s

C1: Side plank x 30s each side

C2: Russian Twist x 20

Rest upto 60s

D1: Plank On hands x 30s

D2: Straddle Superman x 30s

Rest upto 60s

E1: Straddle Glute hold x 20s

E2: Split Squat pelvic tuck under x 20s each side

Rest upto 60s

Intermediates

3-4 rounds of each

A1: Bent hollow hold x 35s

A2: Cat-Cow x 5

Rest up to 60s

B1: Scapula push-ups x 10-12

B2: Shoulder Rotations x 20

Rest upto 60s

C1: Side plank x 40s each side

C2: Russian Twist x 30

Rest upto 60s

D1: Plank On hands x 40s

D2: Straddle Superman x 40s

Rest upto 60s

E1: Straddle Glute hold x 25s

E2: Split Squat pelvic tuck under x 20s each side

Rest upto 60s





# LEVEL 1: BODYWEIGHT ONLY (NO EQUIPMENT)

## Workout 2: Midline

### Advanced

3-4 rounds of each

A1: Bent hollow hold x 45s

A2: Cat-Cow x 5

Rest up to 60s

B1: Scapula push-ups x 12-16

B2: Shoulder Rotations x 20

Rest upto 60s

C1: Side plank x 40s each side

C2: Russian Twist x 20

Rest upto 60s

D1: Plank On hands x 40s

D2: Straddle Superman x 40s

Rest upto 60s

E1: Straddle Glute hold x 25-30s

E2: Split Squat pelvic tuck under x 20s each side

Rest upto 60s







# LEVEL 1: BODYWEIGHT ONLY (NO EQUIPMENT)

## Workout 3: Lower body

### Beginners

3-4 rounds of each

**A1: Reverse lunge x 10 each leg**

**A2: Single leg RDL x 10 each leg**

**Rest 60-90s**

**B1: Side Lunge x 10 each leg**

**B2: Floor Hip thruster x 15**

**Rest 60-90s**

**C1: Air squat x15**

**C2: Hurdle step over on all fours x 8 each leg**

**Rest 60-90s**

**D1: Straddle Glute kicks x 12 total**

**D2: Wall Sit x 30s**

**Rest 60-90s**

**E1: SL hinge balance x 20s**

**E2: Forward Lunge x 10 each leg**

**Rest 60-90s**

### Intermediates

3-4 rounds of each

**A1: Reverse lunge x 15 each leg**

**A2: Single leg RDL x 15 each leg**

**Rest 60-90s**

**B1: Side Lunge x 12 each leg**

**B2: Floor Hip thruster x 20**

**Rest 60-90s**

**C1: Air squat x20**

**C2: Hurdle step over on all fours x 12 each leg**

**Rest 60-90s**

**D1: Straddle Glute kicks x 16 total**

**D2: Wall Sit x 40s**

**Rest 60-90s**

**E1: SL hinge balance x 25s**

**E2: Forward Lunge x 15 each leg**

**Rest 60-90s**

# LEVEL 1: BODYWEIGHT ONLY (NO EQUIPMENT)

## Workout 3: Lower body

### Advanced

3-4 rounds of each

A1: Reverse lunge x 20 each leg

A2: Single leg RDL x 20 each leg

Rest 60-90s

B1: Side Lunge x 15 each leg

B2: Floor Hip thruster x 25

Rest 60-90s

C1: Air squat x 25

C2: Standing Hurdle step over x 8 each leg

Rest 60-90s

D1: Straddle Glute kicks x 18-20 total

D2: Wall Sit x 50s

Rest 60-90s

E1: SL hinge balance x 30s

E2: Forward Lunge x 20 each leg

Rest 60-90s







# LEVEL 1: BODYWEIGHT ONLY (NO EQUIPMENT)

## Workout 4: Mixed modal

### Beginners

3-4 rounds of each

A1: Plank walk up and downs x 10 each side

A2: Side plank rotations x 8 each side

Rest 60-90s

B1: Deck squats x 10-12

B2: Single leg hip bridge 10 each side

Rest 60-90s

C1: Bent hollow hold x 25s

C2: Superman Hold x 35s

Rest 60-90s

D1: Lunge Matrix x 5 each direction

D2: Hinge matrix x 5 each direction

Rest 60-90s

E1: Bench Push ups x 12

E2: Table Scapula Pulls x 12

Rest 60-90s



### Intermediates

3-4 rounds of each

A1: Plank walk up and downs x 15 each side

A2: Side plank rotations x 12 each side

Rest 60-90s

B1: Split stance Deck squats x 6-8 each leg

B2: Single leg hip bridge 14 each side

Rest 60-90s

C1: Bent hollow hold x 35s

C2: Superman Hold x 45s

Rest 60-90s

D1: Lunge Matrix x 8 each direction

D2: Hinge matrix x 8 each direction

Rest 60-90s

E1: Push ups x 8-12

E2: Table Scapula Pulls x 12

Rest 60-90s



# LEVEL 1: BODYWEIGHT ONLY (NO EQUIPMENT)

## Workout 4: Mixed modal

Advanced

3-4 rounds of each

A1: Plank walk up and downs x 20 each side

A2: Side plank rotations x 15 each side

Rest 60-90s

B1: Pistol deck squats x 6-8 each leg

B2: Single leg hip bridge 10 each side

Rest 60-90s

C1: Bent hollow hold x 45s

C2: Superman Hold x 55s

Rest 60-90s

D1: Lunge Matrix x 10-12 each direction

D2: Hinge matrix x 10-12 each direction

Rest 60-90s

E1: Clapping push-up 8-10

E2: Table Scapula Pulls x 12

Rest 60-90s



## LEVEL 2: EQUIPMENT BASED WORKOUTS

### Workout 1: Upper body Beginners

3-4 rounds

A1: Ring row x 10-12

A2: Push-up/bench push up x 10-12

Rest 90s-2mins

B1: Single arm ring row x 8 each arm

B2: Plank up and down x 12 each arm

Rest 90s to 2mins

C1: Ring row hold x 30s

C2: Scapula pull ups x 10-12

Rest 90s-2mins

D1: Front leaning rest on hands x 30s

D2: Prone YTW's x 10-12

Rest 90s-2mins

### Intermediates

3-4 rounds

A1: Chin up x 6-10

A2: Ring push up x 8

Rest 90s-2mins

B1: Single arm ring row x 8 each arm

B2: Push up x 10

Rest 90s to 2mins

C1: Ring row hold x 30s

C2: Scapula pull ups x 10-12

Rest 90s-2mins

D1: Front leaning rest on rings x 30s

D2: Single arm ring row hold x 20-25s

Rest 90s-2mins







## LEVEL 2: EQUIPMENT BASED WORKOUTS

### Workout 1: Upper body

Advanced

3-4 rounds

A1: Pull up x 6-10

A2: Ring dip x 6-8

Rest 90s-2mins

B1: Single arm ring row x 8 each arm

B2: Clapping Push up x 10

Rest 90s to 2mins

C1: Ring row hold x 30s

C2: L-Scapula pull ups x 10-12

Rest 90s-2mins

D1: Ring support x 20-30s

D2: Single arm/single leg ring row hold x  
20-25s

Rest 90s-2mins





## **LEVEL 2: EQUIPMENT BASED WORKOUTS**

### **Workout 2: Lower body**

#### **Beginners**

**3-4 rounds**

**A1: Russian KB swing x 15**

**A2: Goblet KB squat x 15**

**Rest 60-90s**

**B1: Goblet reverse lunge x 12 each leg**

**B2: Single leg KB deadlift x 12 each leg**

**Rest 60-90s**

**C1: Single arm KB clean x 12 each leg**

**C2: Single arm KB snatch x 12 each leg**

**Rest 60-90s**

**D1: Single arm front rack KB split squat x12  
each leg**

**D2: Split stance KB RDL x 12 each leg**

**(Rest 60-90s)**

**N.B: Intermediates & Advanced athletes, this  
work out stays the same for you lot, just use  
a progressively heavier KB!**





## **LEVEL 2: EQUIPMENT BASED WORKOUTS**

### **Workout 3: Mixed modal**

**Beginners**  
3-4 rounds

**A1: Ring row x 12**  
**A2: Single arm KB push press x 8 each arm**  
**Rest 60-90s**

**B1: Single arm KB bent over row x 12 each arm**  
**B2: Bench push-ups x 12**  
**Rest 60-90s**

**C1: Bench pistol x 8 each leg**  
**C2: Bent hollow hold x 30s**  
**Rest 60-90s**

**D1: Overhead KB reverse lunge x 10 each leg**  
**D2: Half turkish get up x 10 each side**  
**Rest 60-90s**

**Intermediates**  
3-4 rounds

**A1: Chin up x 6-10**  
**A2: Single arm KB push press x 8 each arm**  
**Rest 60-90s**

**B1: Single arm KB bent over row x 12 each arm**  
**B2: Push-ups x 12**  
**Rest 60-90s**

**C1: Door frame pistol x 8 each leg**  
**C2: Bent hollow hold x 40s**  
**Rest 60-90s**

**D1: Overhead KB reverse lunge x 10 each leg**  
**D2: Half turkish get up x 10 each side**  
**Rest 60-90s**







## LEVEL 2: EQUIPMENT BASED WORKOUTS

### Workout 3: Mixed modal

Advanced  
3-4 rounds

A1: Pull up x 6-10

A2: Single arm KB push press x 8 each arm  
Rest 60-90s

B1: Single arm KB bent over row x 12 each  
arm

B2: Diamond push ups x 12  
Rest 60-90s

C1: Bench pistol x 8 each leg

C2: Bent hollow hold x 40s  
Rest 60-90s

D1: Overhead KB reverse lunge x 10 each leg

D2: Half turkish get up x 10 each side  
Rest 60-90s



# Level 1: workout 1, upper body, beginners









# Level 1: workout 1, upper body, intermediates









# Level 1: workout 1, upper body, advanced









# Level 1: workout 2, midline, beg, int & adv









# Level 1: workout 3, lower body, beg, int & adv





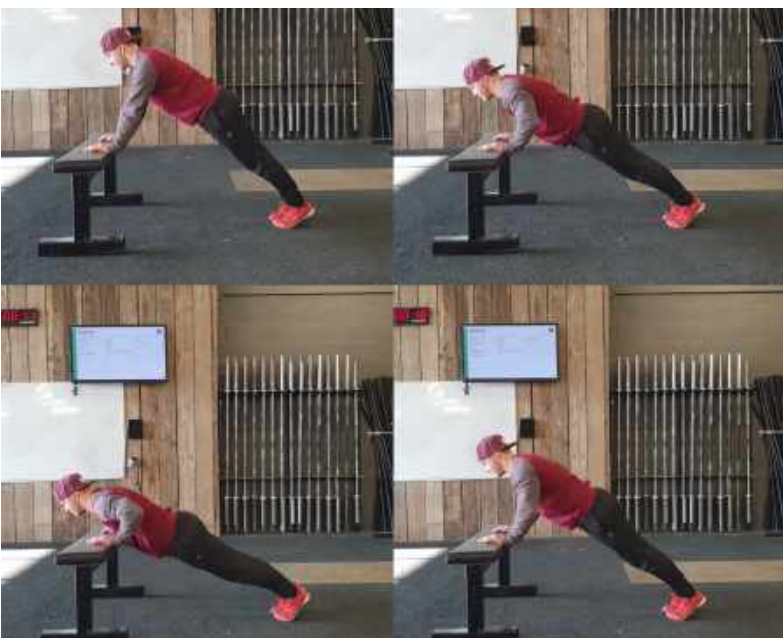
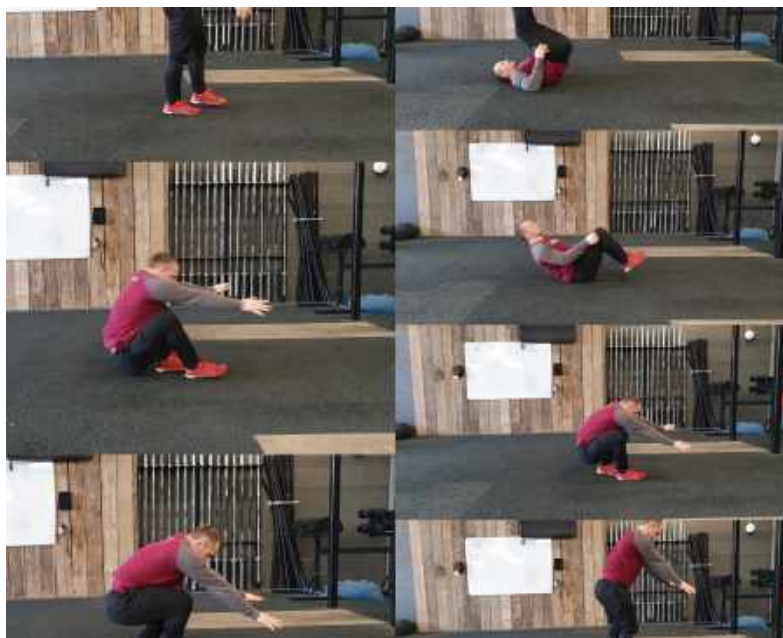
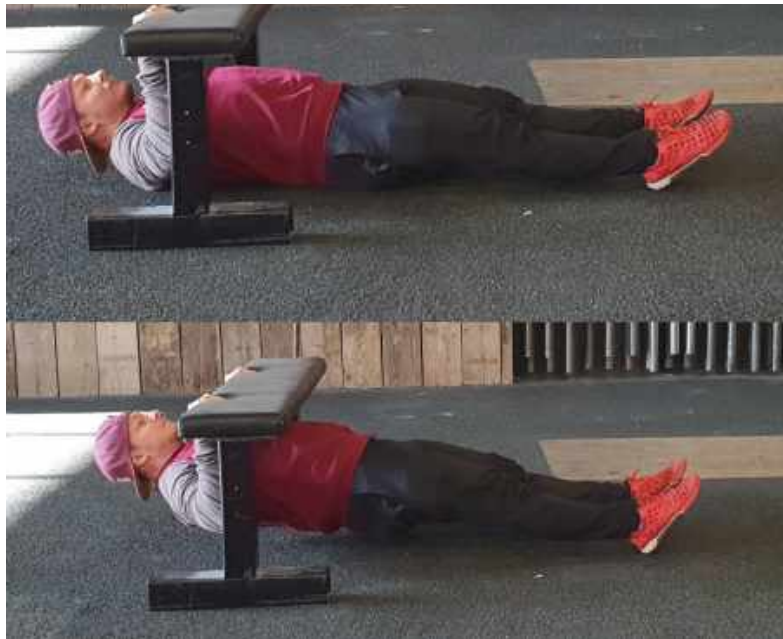




# Level 1: workout 4, mixed modal, beg, int & adv











# Level 2: workout 1, upper body, beginners





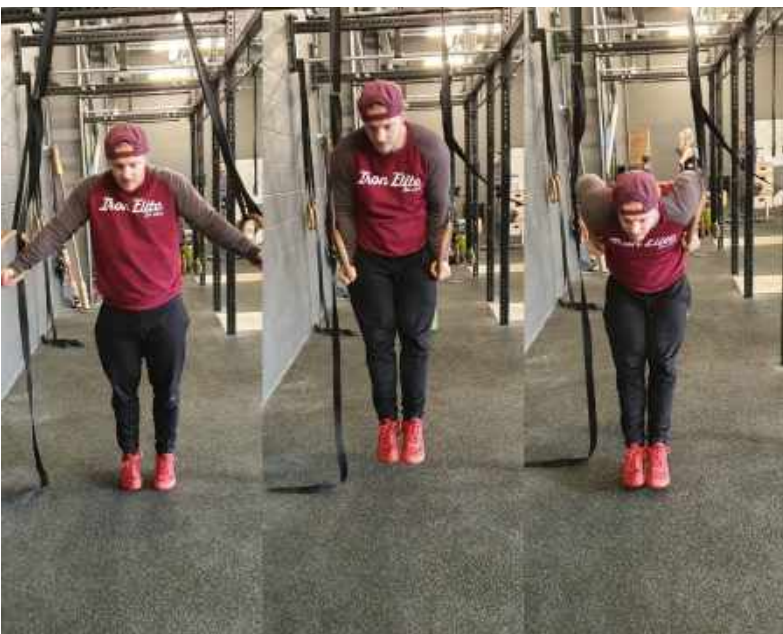


# Level 2: workout 2, upper body, intermediates





# Level 2: workout 2, upper body, advanced











# Level 3: workout 3, lower body, beg, int & adv







# Level 3: workout 3, mixed modal, beg, int & adv

