

Minimal Equipment - Cyclist Home Workout Movement Library



Disclaimer/Note: This library is to serve as a guideline for exercises that can be completed with little to no equipment. It is not meant to be an extensive list of ALL the exercises that can be completed at home, however, it is good starting point. Use your best judgement with technique and selecting appropriate exercise variations.

Adding Variety and/or Progressions
Tempo - Slow down the movement (4 seconds down on a squat) of add pauses (4 second hold at the bottom of squat)
Load - Use DBs and/or Bands. Household items can also be added as load (loaded back backpack, water jug, laundry detergent)
Limit Points of Contact - lift a limb off the ground (TALL FRONT PLANK with Alternating Leg Lifts or PUSH UP with leg lift)
Elevation - Make things EASIER (Hands on couch for PUSH UP) Make things Hardier (Feet on couch for PUSH UP)

Youtube Link to Exercise Playlist









<https://www.youtube.com/playlist?list=PLhbeVzGR9ISRAHIGOtHlcX3jLuMpmIGB>

Exercise Pattern	Primary Muscles	Start	Finish	Notes	Exercise (Progressions/Variations)
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Key Movements

Squat	Quadriceps			Feet outside of shoulder. Knees in-line with hips and feet. Chest proud. Sink hips between knees.	Level 0: Bodyweight Squat Level +1: Loaded Squat (DB/Band/Household Materials)
Lunge	Quadriceps, Glutes			Keep toe knee and hip aligned. Push through whole front foot.	Progression 1 Split Squats, Step Ups, Reverse Lunge/ Sliding Reverse Lunge Progression 2 Rear Foot Elevated Split Squat, Single Leg Squat to Bench (supported/unsupported)
Hinge	Hamstring, Glutes, Erectors			Chest proud, shoulders back, drive hips back towards wall with slight bend in knees	Romanian Deadlift (Bodyweight/Banded/ Household Items)
Push	Pectoralis Major, Triceps			Hands slightly outside shoulders, elbows at 45 degree angle. Body in a straight line from head to toe. Chest towards floor.	Level -1: Hands Elevated Push Up Level 0: Push Up Level +1: Feet Elevated Push Up
Pull	Lats, Biceps			Squeeze shoulders back and down and away from ears. Back in a neutral position.	Single Arm Bench Supported Dumbbell Row, Bent Over Row (Banded), Towel Partner Row

Core Exercises

Anterior Core	Rectus Abdominis, Obliques			Maintaining tension throughout entire body. Hold a straight line position from head to toe	Level -1: Straight Arm Front Plank Level 0: Front Plank Level +1: Front Plank with Alternating Leg Lifts
Lateral Core	Obliques, Glutius Medius			Maintaining tension throughout entire body. Hold a straight line position from head to toe.	Level -1: Bent Knee Side Plank Level 0: Side Plank Level +1: Feet Elevated Side Plank
Posterior Core	Glutius Maximus			With bent knees, lift hips off ground maintaining tension throughout entire body. Ribs towards hips. Hold a straight line position from head to knees. Push through heels and squeeze glutes.	Level -1: Hip Bridge Level 0: Hip Lifts Level +1: Hip Bridge March
Rotational Core	Rectus Abdominis, Obliques			Set up in a half-kneeling position, perpendicular to the band/cable machine. Hold band/cable machine directly in front maintaining tension. Ribs towards hips.	Pallof Press/Hold (Banded, Partner Towel) Variations Tall-Kneeling, Half-Kneeling, Standing