

Home training

Bodyweight Home Workout Program

Build strength at home with nothing but your body weight, a chair and a backpack. Three short circuits a week, with easier and harder versions of every exercise.

Length	Sessions	Time per session	Level	Equipment
6 weeks	3 a week	25–35 min	Beginner	None. A sturdy chair, a table and a backpack help.

How the program works

- Do each workout as a circuit: one set of every exercise back to back, rest 1–2 minutes, then repeat.
- Stop each set 1–3 reps before failure. Slow, controlled reps beat fast, sloppy ones.
- When you reach the top of a rep range with good form, move to the harder variation.
- Leave a day between workouts, and walk for 20–30 minutes on the other days if you can.
- Warm up for 5 minutes: march on the spot, circle your arms and do a few slow squats.

A typical week

Monday	Circuit A
Tuesday	Walk 20–30 min
Wednesday	Circuit B
Thursday	Walk 20–30 min
Friday	Circuit A (B the next week)
Saturday	Rest or a walk
Sunday	Rest

The sessions

Circuit A

25–35 min

Exercise	Sets	Reps or time
Squat Easier: sit down to a chair. Harder: 3-second pause at the bottom.	2–4	10–20
Push-up Easier: hands on a table or bench. Harder: feet on a chair.	2–4	6–15
Reverse lunge Hold a wall for balance if needed.	2–4	8–12 per leg
Table row or backpack row Lie under a sturdy table and pull your chest to the edge, or row a loaded backpack.	2–4	8–15
Plank Easier: from your knees.	2–4	20–45 s

Rest 1–2 minutes after each round.

Circuit B

25–35 min

Exercise	Sets	Reps or time
Glute bridge Harder: one leg at a time.	2–4	12–20
Pike push-up Easier: incline push-up. Harder: feet on a chair.	2–4	5–12
Step-up Onto a sturdy chair or the bottom stair.	2–4	8–12 per leg
Backpack Romanian deadlift Hold a loaded backpack and hinge at the hips.	2–4	10–15
Side plank	2–4	20–30 s per side
Mountain climbers	2–4	30 s

Rest 1–2 minutes after each round.

How to progress

Weeks

1–2

Learn

Two rounds per workout. Use the easier variations and focus on form and full range of motion.

Weeks

3–4

Build

Three rounds. Add one or two reps per exercise each week.

Weeks

5-6

Progress

Three or four rounds. Switch to the harder variations when you reach the top of each rep range.

Training log

Write down what you did each session, for example 60 × 5 for 60 kg for five reps. Seeing the numbers go up is the best motivation there is, and it tells you when to add weight or speed.

Circuit A, weeks 1–6

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Squat 2–4 sets of 10–20						
Push-up 2–4 sets of 6–15						
Reverse lunge 2–4 sets of 8–12 per leg						
Table row or backpack row 2–4 sets of 8–15						
Plank 2–4 sets of 20–45 s						

Circuit B, weeks 1–6

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Glute bridge 2–4 sets of 12–20						
Pike push-up 2–4 sets of 5–12						
Step-up 2–4 sets of 8–12 per leg						
Backpack Romanian deadlift 2–4 sets of 10–15						
Side plank 2–4 sets of 20–30 s per side						
Mountain climbers 2–4 sets of 30 s						