



Home Workout Movement Generator

One Piece of Equipment- No Problem

When we think of putting together workouts, we often like to mix movements (push, pull, jump, squat, hinge...). Here is a list of movements so you can grab some from each category and mix up your own workout.

Upper Body (Press) *anytime you are pressing weight overhead

- Single Arm Strict Press
- Single Arm Push Press
- Single Arm Jerk
- Single Arm Triceps Extension
- *Chair Dips
- *Handstand Pushup (Pike Push-up)
- *Wall Walk

Upper Body (Push) *anytime you are pushing weight away from your chest

- Single Arm Floor Press
- Single Arm Fly
- Single Arm Spoon Press
- Devils Press
- *Hand Release Push Up
- *Man Maker

Upper Body (Pull) *anytime you are pulling weight toward you

- Single Arm Upright Row
- Single Arm Bent Over Row
- Single Arm Renegade Row
- Dumbbell/KB Snatch
- Dumbbell/KB Clean

Lower Body (Squat) *anytime you are performing a squatting motion

- *Air Squat (Jumping Air Squats)
- *Bulgarian Split Squat
- *Lunge (Jumping Lunges)
- *Pistol
- *Wall Sit
- *Step Up
- Single Arm Overhead Squat
- Single Arm Thruster
- Goblet Squat

Lower Body (Hinge) *anytime you are hinging your hips back

- DB/KB Deadlift



Romanian Deadlift
Single Leg Deadlift
*Glute Bridge

Lower Body (Jump) *anytime you're using explosion of your hips

- *Box Jump
- *Broad Jump
- *Jump Rope (sub: plate jumps)
- *Tuck Jumps

Cardio Movements

- *Run (for distance, for time, shuttle runs, sprints)
- *Burpee
- *Jumping Jacks
- *Mountain Climbers
- *Box Runners

Ab Movements

- *Hollow Hold
- *Superman Hold
- *Flutter Kick
- *V-Up
- *Russian Twist
- *Plank
- *Situp
- Single Arm Farmers Carry