How to Increase the Difficulty of your Home Workouts!

Here are some ways you can get creative to modify at home exercises, with and without equipment, to make your home workouts just as effective as your fitness centre workouts.
**Please consult with a physician before starting any exercise program*

Key Points

- Increasing the stability requirement of an exercise will increase recruitment of stabilizing musculature and muscle fibers

- If your bodyweight is not enough of a challenge for bodyweight exercises, increasing the stability requirement can provide a greater challenge without the need for weights

- At home workouts can allow us to incorporate training methods to work on our often-neglected skills such as: agility, balance, and single arm and leg strength. We can work on our muscular endurance by training in higher rep ranges, rather than strength training which is more commonly performed in a fitness facility.

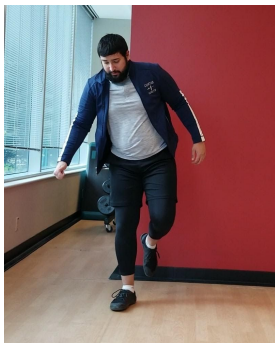
Single Arm and Single Leg

1. Push ups with a leg lift
2. Planks with limb reaches (raise one arm or leg or opposite leg and arm simultaneously)
3. Single leg balance with disturbance (ex. passing a weight around your body hand to hand)
4. Raised Leg Crunch
5. Single leg deadlift
6. Single leg squat
7. Single leg hip thrust
8. Deadbugs

1. 

2. 

You can lift your legs or arms and hold it there or take turns alternating limbs

3. 

You can pass something around your body or hold something overhead for a further challenge!

4. 

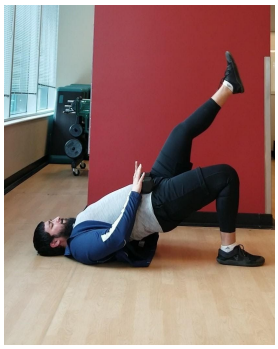
Take turns raising both legs to promote balance within your body

4. 

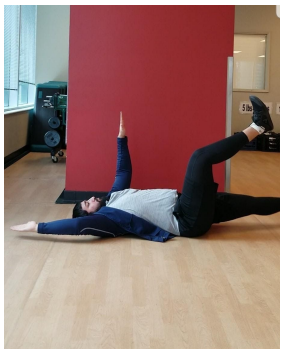
Root your foot into the ground. Feel your big toe, pinky toe and heel pressed firmly into the ground and perform a deadlift. Tight core and bending at the hips

5. 

Holding onto something can help as you begin practicing single leg squats

6. 

Make sure to get equal resistance on both sides of your body when training one limb at a time to maintain balance!

7. 

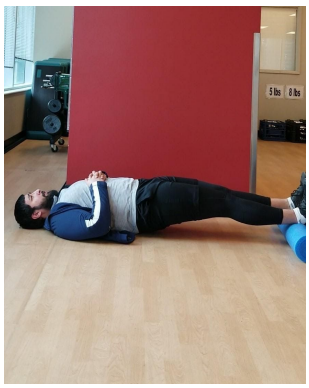
Opposite arm and opposite leg moving. Increase difficulty with Same leg and same arm

Foam Roller Exercises (Increases stability demand)

1. Foam Roller push ups
2. Foam roller upside down plank (hamstring focus)
3. Foam roller hip thrust

1. 

Perform a push up as you normally would with your hands on a foam roller. You can start with just a plank position and progress towards push ups if they are too difficult. Keep your head up in line with your spine.

2. 

Start laying on your back with your feet on the foam roller and lift your hips up, maintaining tension in your core and posterior chain

3.