

Simply Anywhere Chest & Back Workout



Perform 10 (intermediate) or 15 (advanced) repetitions of each exercise for 3-5 rounds
 30s break in between sets
 Rest for 1 minute in between rounds

Exercises	Technique / Tips	Muscle Group Worked	Progression / Regression
Push Ups	<p>Place your hands shoulder width apart and lift your hips on the floor</p> <p>Drop your chest toward the floor placing your bodyweight through your elbows (leaving 1 fist space from the floor)</p> <p>Push your bodyweight back up to the original starting point</p>	Chest	<p>Progression – Incline/ Decline position with feet onto a stair or sofa</p> <p>Regression – Drop onto Knees or straight legs.</p>
Supermen	<p>Lie faced down with chest on the floor</p> <p>Squeeze your lower back to lift your arms out straight in front of you</p> <p>Hold your arms for 3 seconds at the top before returning to start</p>	Lower Back	<p>Progression – Lift arms + legs at the same time.</p> <p>Regression – Use knees to support moving just arms</p>
Stair / Chair Dips	<p>Place your hand either side of your body palms on the base of a stair or chair</p> <p>Drop your weight downwards keeping your elbow tight to your body, keeping your chest high and back straight</p> <p>Push your weight back up until you've returned to start</p>	Chest + Triceps	<p>Progression – Place legs on chair opposite + add a form of weight on your lap</p> <p>Regression – Tuck knees closer to chest</p>
Towel Rows	<p>Place both hands shoulder width apart gripping the towel</p> <p>Bend from your hips leaning forward over the towel</p> <p>Pull the towel into your hips squeezing your back muscles</p> <p>Lower your arms to the original starting position + repeat</p>	Back	<p>Progression – Increase weight holding tins of food etc...</p> <p>Regression – Drop onto Knees or straight legs.</p>
Close Hand Push Ups	<p>Place your hands close together inside of your chest and lift your hips on the floor (either from your feet or your knees)</p> <p>Drop your chest toward the floor placing your bodyweight through your elbows (leaving 1 fist space from the floor)</p> <p>Push your bodyweight back up to the original starting point</p>	Chest + Triceps	<p>Progression – Press up onto an object like a stair</p> <p>Regression – Drop onto knees or a straight leg</p>
T-Twists	<p>Hold your body in a straight arm + leg plank position</p> <p>Rotate one side of your body raising your arm straight into the air</p> <p>Hold your arm for 2 seconds before returning to the plank and repeating for the opposite side</p>	Chest + Back + Obliques (side walls of stomach)	<p>Progression – Add a push up in between each rotation</p> <p>Regression – Drop onto knees</p>

*Make sure you perform a thorough warm up & cool down pre and post every workout you complete!
 Ensure you are positioned in a safe environment with enough room to complete the exercises.