

Home Workout Basics

- Find a place or two where you can **train consistently**
 - It'd be prudent for the place to have easy access to outside or a second outside place
 - Map run routes using google maps
 - Common areas: Back yard/patio/deck, Garage, Basement, Driveway, Park
- Take inventory of your equipment and search for more things to use at home that you can **train hard** with
 - Basics: Table, Chair(s), Yoga or other mat, Towel, Pillow, Weighted Objects (Paint Cans, Bags that can hold items, etc.)
 - If you're able to construct additional equipment, consider doing so. If all else fails, purchase or buy equipment as needed.
 - Something to write on that you can see easily for reference
 - Stop watch or other timer (download onto your phone if needed)
- If you're taking remote classes/coaching, acquire a stand and power source for your phone or computer
- Plan accordingly based on your resources. If you know you cannot run, plan suitable alternates so you can **train smart**, avoiding injury. If you do not have many weights, plan modifications using what you have. Some simple examples:
 - Running: Home workout machines, Burpees, Air Squats
 - KBS: Paint Can Swings
 - Over Head Squats: DB OHS, Broomstick OHS
 - Box Jumps: Jump Squats
 - Step-ups: Sets of actual stairs
 - Pull-ups: Rows (<https://youtu.be/rloXYB8M3vU>)

