Dorm Room Workouts:

A Short Guide to Exercising in Your Room
Circuit Guidelines:

For your circuits, you can combine any of the beginner, intermediate, or advanced exercises to customize your routine. The goal of a circuit is to shorten the amount of time necessary for you to exercise, so 20 minutes is what this will be based off of (though you may increase time). The protocol can change based on what your fitness level is, so below are beginner, intermediate, and advanced guidelines.

Pick 5 exercises and rotate one after the other for 20 minutes under the following guidelines respective to your fitness level.

Beginner: 10 seconds on, 20 seconds off
Intermediate: 15 seconds on, 15 seconds off
Advanced: 20 seconds on, 10 seconds off

Circuit Exercise List:

Beginner Movements

Upper:
- **Push-ups (on knees)**
  - Normal
  - Close (diamond) hands
- **Dips (feet on floor, hands on chair)**

Lower:
- **Single-leg (Pistol) Squats to Chair**
  - Squat down single-leg, stand up w/ both
  - Squat down with both, stand up single-leg
  - Tempo (e.g. 5 seconds squat down; pause; stand up); helps build strength!
- **Bodyweight Squats**
  - Chair
  - Half-Squats (top of your thighs are parallel to ground)

Core:
- **Swimmers (simple)**
  - Alternate hands and feet while opposite hand/foot maintains ground contact
Intermediate Movements

Upper:

- Push-ups (toes)
  - Normal
  - Close (diamond hands)
  - Wide hands
  - Staggered hands
- Dips (feet off floor)

Lower:

- **Single-leg (Pistol) Squats**
  - Squat down single-leg, stand up w/ both legs
  - Squat down with both legs, stand up single-leg
  - Tempo (e.g. 5 seconds squat down; pause; stand up); helps build strength!
- **Bodyweight Squats**
  - Full depth
  - Tempo (e.g. 5 seconds squat down; pause; stand up); helps build strength!
  - Pause in bottom position

Core:

- **Swimmers**
  - Alternate hands and feet while keeping opposite hand/foot off the ground

Advanced Movements

Upper:

- Push-ups (on hands and toes)
  - Circles
  - Walking
  - Fingertips
  - Single-arm
- Dips (Tempo (e.g. 5 seconds squat down; pause; stand up); helps build strength!)

Lower:

- **Single-leg (Pistol) Squats to Jump**
  - Tempo
  - Pause in bottom position
- **Bodyweight Squats to Jump**
  - Tempo
  - Pause in bottom position

Core:

- **V-ups**
  - Tempo
  - Pause in top position
- **Superman**
Hypertrophy & Muscle Toning Guidelines

To get appropriate hypertrophy/muscle toning, you should try to increase your time under muscular tension which can be accomplished through increased volume, repetitions, and/or tempos during the eccentric portion of the exercise.

<table>
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<tr>
<th>Workout Variables</th>
<th>Strength/Power</th>
<th>Hypertrophy (Muscle Toning)</th>
<th>Endurance</th>
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<tbody>
<tr>
<td>Sets (min-max)</td>
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<td>2-5</td>
<td>1-3</td>
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<tr>
<td>Reps (min-max)</td>
<td>1-8</td>
<td>8-14</td>
<td>15-25</td>
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<tr>
<td>Time Under Tension</td>
<td>4-30 seconds</td>
<td>30-70 seconds</td>
<td>60-100 seconds</td>
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<tr>
<td>Rest Between Sets</td>
<td>2-4 minutes</td>
<td>1-2 minutes</td>
<td>30-60 seconds</td>
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If you’d like to learn more, please visit the Campus Wellness offices and schedule a free fitness assessment and/or consultation.

List of alternative exercise (not exhaustive by any means!):

Upper:
- Wrist Curls w/ Chair for grip strength (grab onto the chair legs)
- Shrugs w/ Chair
- Pike Pushups
- Handstand Pushups
- Wall pushups (lean against wall, easier than knee pushups)

Lower:
- Lunges
- Duck Walks (for hip mobility)
- Calf Raises
- Knee Circles (knee rehabilitation/strengthening)
- Burpees
- Wall Sits (can do various heights, times, and stopping points/pauses)
- Tempo Wall Slide (e.g. take 10 seconds to slide down the wall to a parallel squat position and then 10 seconds back up)
- Step-ups (on chair, can do a tempo variation on the eccentric portion of the exercise for difficulty)
- Mountain Climbers

Core:
- Planks and their variations (side, front, on elbows, plank dips, etc)