

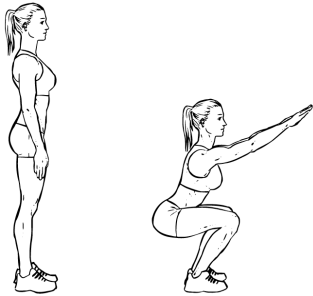
# Basic Strength Routine

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## Abs, Back, Chest, Legs

There are just four exercises and you perform them one after the other. If you can, do them without a break in between. When you've finished all four, you've completed a set. Take a break for a minute or two and do a second set. If you can, go for a third.

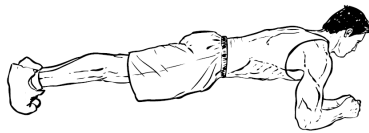
### Bodyweight Squats



**1 set 15 reps**

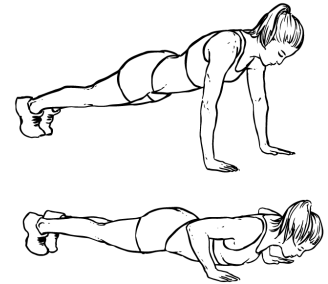
Keep your back straight at all times.  
Pretend you're sitting down on a chair and getting back up again.

### Plank



Plank for as long as you can.

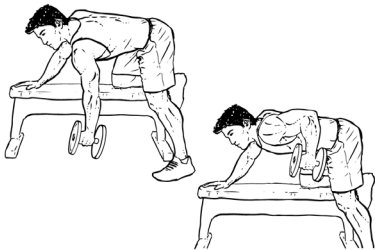
### Push-ups



**1 set 10 reps**

If you can't do full push-ups (that's ok, I couldn't), setup on your knees instead of your feet.

### Dumbbell Rows



**1 set 10 reps**

You don't need dumbbells or a bench for these. Fill a 2L milk bottle with sand or dirt and use a couple of chairs.

## Bodyweight Squats

### Primary Muscle Group(s)

**Hamstrings, Quadriceps**

### Secondary Muscle Group(s)

**Abdominals, Hamstrings**

### Why Squat?

Aside from the three main muscle groups targeted here, a simple air squat uses almost every muscle group in the body.

Think about it – in addition to your legs, you need your hips, back and core, your shoulders and arms to get this done.

Squatting is a near-perfect exercise!

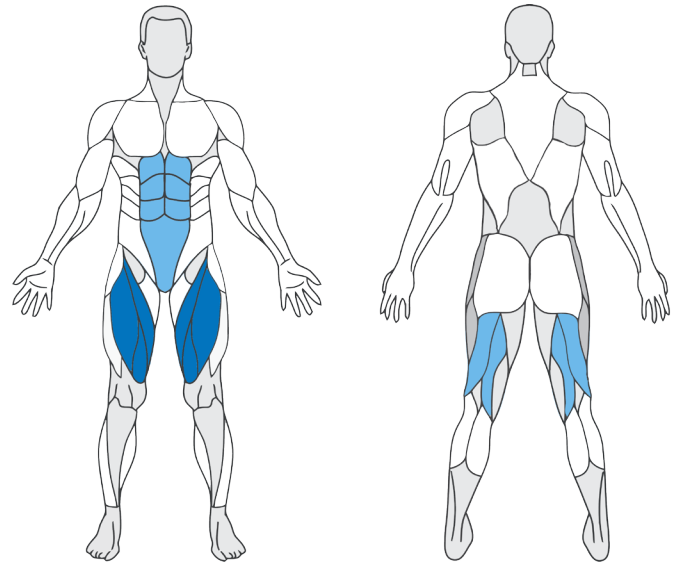
**Squats will help strengthen your entire body!**

### How to Squat?

Place your feet shoulder width apart. Keep your chest up and tense your abs.

Bring your arms up parallel to the ground, bend at the knees and drive your hips back like you're sitting in a chair.

When your thighs are parallel to the ground, pause, then push your hips forward to return to the starting position.



## Plank

### Primary Muscle Group(s)

**Abdominals**

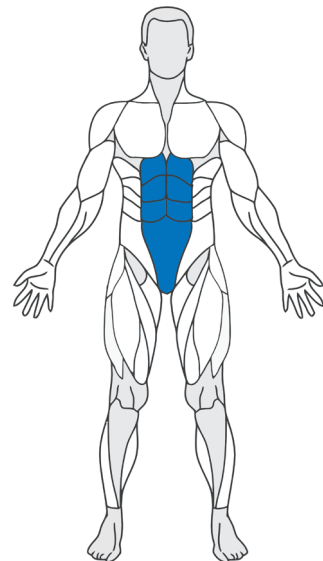
### Why Plank?

Planking is one of the most efficient core exercises out there. You can do it anywhere, anytime.

### How to Plank?

Get into a face down position on the floor, support your upper body on your forearms. Your elbows should be bent at 90 degrees.

Extend your legs straight out behind you, supporting them on the toes and balls of your feet. Keep your body in a straight line and tense your abs. Hold for as long as you can.



## Push-ups

### Primary Muscle Group(s)

**Chest**

### Secondary Muscle Group(s)

**Abdominals, Shoulders, Triceps**

### Why do Push-ups?

Push-up are like planks on steroids - they strengthen your torso, triceps, shoulders, and abs.

**Push-ups are a near complete upper-body exercise!**

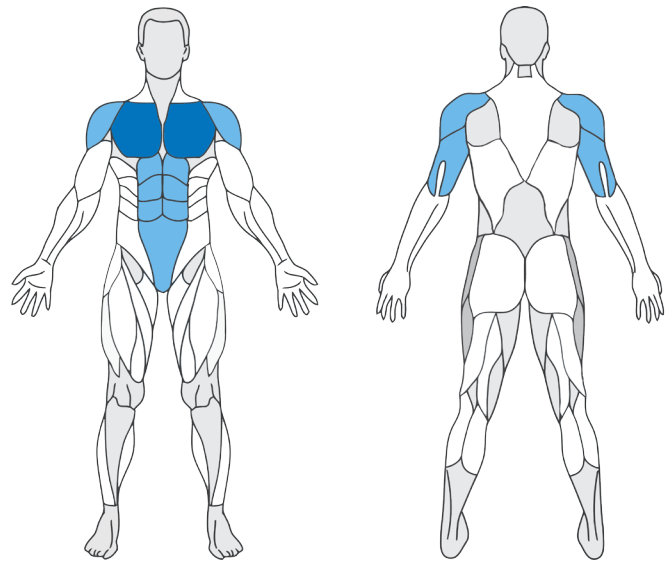
### How to do a Push-up?

Place your hands flat on the floor, directly below your shoulders. Extend your legs out behind you, with your toes and balls of your feet touching the floor.

Keep your body in a straight line with your head looking slightly ahead of you. Lower your chest towards the ground by bending your elbows until your chest is just above the ground.

Press upwards from your chest and shoulders, straightening your arms as you return to the starting position.

Repeat.



## Dumbbell Rows

### Primary Muscle Group(s)

**Lower Back, Upper Back, Traps**

### Secondary Muscle Group(s)

**Abdominals, Biceps, Shoulders**

### Why do Dumbbell Rows?

Rowing motions target many muscle groups.

**Life is just easier when your back is strong!**

### How to do Dumbbell Rows?

Place your right knee on the end of the bench (or chair).

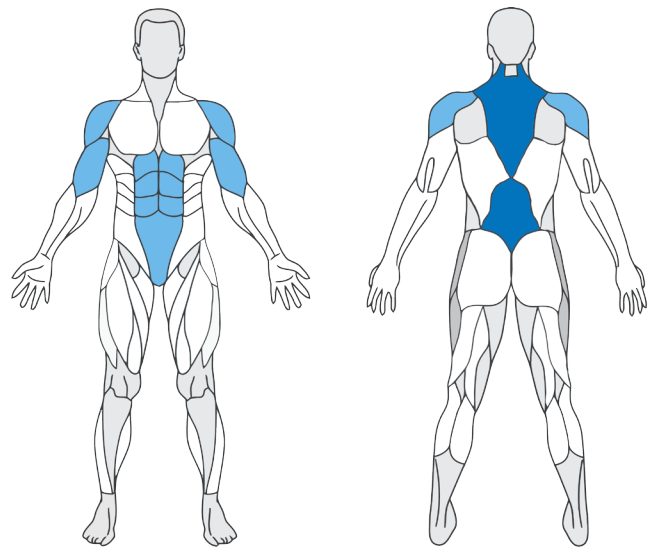
Bend your torso from the waist until your upper body is parallel to the floor, while placing your right hand on the bench (or chair) in front of you for support.

With your left hand, pick up the dumbbell (or milk bottle) with an overhand grip.

Keep your lower back straight. This is the start position.

Using your back muscles, slowly pull the weight straight up to the side of your chest, keeping your upper arm close to your side.

Lower the weight slowly and repeat.



### Do this routine 2-3 times a week but not on consecutive days.

Your muscles need time to recover, this is just as important as actually doing the exercise. It's during this recovery time that your muscles start to build. I recommend walking every day, but you should at least walk on the days in between this bodyweight routine.

To get the most out of this routine, make sure you're **eating properly!** Ya know, vegetables and stuff.

Remember this is a basic routine, I'll add intermediate and more advanced routines in the **resources section** of **127kgs**.

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