

Low Cost Home Gym with 8-Week Workout Plan

Please consult with your doctor before starting this or any exercise regimen.

Equipment (Less than \$100)

1. Gymnastic Rings: Plastic (\$26) or Wooden (\$35)
2. Kettlebell 10 lb (\$15)
3. Floor Mat (\$40)
4. Magic Chalk Ball (\$10)

The above amazon affiliate links help to fund the podcast and my clinic.

Exercise plan

Monday: Gymnastic ring push

Tuesday: Gymnastic ring pull

Wednesday: Rest or low cardio: rucking, walking, biking

Thursday: Lower body (legs) and 3 abdominal / core exercises

Friday: Skill work (swimming, biking, jiu-jitsu, soccer, basketball etc.) or HIIT training

Saturday: Your choice of Exercise (promotes experimentation) or Rest

Sunday: Yoga (Stability) and / or Skill Training

Warm Up (10 minutes)

Scapular Push Up Circles Forward x 10 and Backward x 10

Scapular Row Exercises x 10 forward and 10 back, and then Plank x 30 sec for 2 sets

Wrist rockers at each clock position 3,6,9, and 12 then ring hang for 1:00 minute.

Routine - 8 Week

Push	Pull	Legs (Kettlebell)	Abdominal / Core
Push-ups	Pull - Up	Squats	Ring Rollouts
Ring Dip	Bodyweight Row	Straight Leg Deadlift	Kb - Russian Twists
Pike Press	Face Pull	Lunges	Knee Raises
Chest Press	Bodyweight Bicep Curl	Jump In Place	Kettlebell Swings

How to Plan Out the Routine

Do 3-4 sets for each exercise with 8-10 reps for each one. Rest 2 minutes between sets.

Workout for 3 weeks in a row and decrease the number of reps by half during the 4th week.

Resume your previous workout on the 5th week for the next 3 weeks.

Once you are able to do 10 reps then increase the difficulty of that exercise.

TIPS

Push Ups - start on your knees and slowly extend them back over time then place your feet on a raised platform for increased difficulty.

Ring Dip - start with your feet on the floor and legs bent at 90 deg then slowly raise the rings over time to increase the difficulty.

Pike Press - rings below you close to the floor, bend over and grab the rings below you. This looks like a downward dog position. Then push towards the floor. Increase the difficulty by moving your feet closer towards the center of the rings.

Chest Press - rings in-front of you, arms bent at 90 deg at the elbow and slight lean into the rings. Increase the difficulty by lowering the rings while moving your feet back from the center.

Pull - Up - rings above you with palms facing away, start with using your legs to assist, until the rings are taller than you can reach then begin using a chair or box to step off and lower down.

Bicep curl - rings in-front, lean back and pull yourself forward using only your biceps. Increase the difficulty by laying farther and farther back.

Ring Roll Outs - rings at waist height in front of you, slowly start to push them away until you are fully extended then pull back in. Start out on your knees and slowly progress to standing.

SAFETY

Consult with Your Doctor before starting any workout regimen.

ALWAYS check the ring straps and buckles before working out.

ALWAYS use the floor mat with the gymnastic rings. NO EXCUSES.

ALWAYS do the shoulder warm-up exercises. Over time this will reduce injuries.

Chalk will help reduce the amount of wear and tear on your hands.

Further Knowledge

[Overcoming Gravity by Steven Low](#) - one of the best books on calisthenics exercises that also shows how to increase the difficulty of each exercise.

[BodyByRings](#) - complete ring training program by Daniel Vadnal PT an international calisthenics expert with more than 10 years of training.

[Primal Kettlebell Course](#) - by Eric Leija (Primal Swoldier), a complete guide to kettlebell training.

Remember, no workout regimen is all inclusive. Exercise is a life-long journey that involves exploration and discovery.