

Swap Fit - Strength

A 45-minute strength workout with gym and no-equipment alternatives that can be done at home, plus a finisher.

8 Exercise Circuit + Finisher

Perform the exercise 8-12 times. Rest 90 seconds. Repeat until you have completed 3 sets total.

Complete the finisher at the end if you have time!

Gym with equipment

Leg Press

Sit with back against pad, feet on platform. Push through heels to extend legs. Lower slowly back down.



Tip: Keep your back flat on the pad and push through your heels, not your toes, to protect your knees and target your legs effectively.

Chest Press

Sit upright with your back against the pad, grip the handles at chest level, & push them forward until your arms are extended, then slowly return to the starting position.

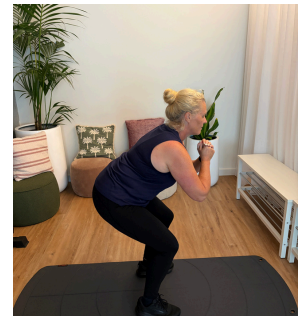


Tip: Focus on your chest and avoid letting your shoulders roll forward. Think about gently squeezing your shoulder blades together against the pad while you push.

Home without equipment

Bodyweight Squat

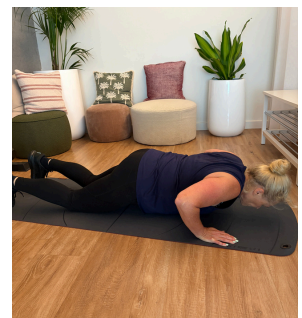
Stand feet shoulder-width apart, chest up. Sit back into hips, bend knees, lower until thighs parallel. Push through heels to stand.



Tip: Pretend to spread the floor with your feet to engage glutes and protect knees.

Push Ups

Hands shoulder-width apart, body in a straight line from head to knees. Bend elbows and bring chest toward the floor. Extend arms to return to start.



Alternative option is to perform push up on your knees.

Tip: Engage your core and avoid sagging hips for proper form and maximum effectiveness.

Gym with equipment

Leg Curl

Sit with your back against the pad & legs straight under the roller. Place the pad just above your ankles & hold the handles. Curl your legs down & back as far as comfortable. Slowly return to the start position.



Tip: Move slowly and control the weight - don't let it snap back up. This keeps tension on your hamstrings and helps prevent injury.

Dumbbell Shoulder Press

Hold dumbbells at shoulder height. Press weights straight up above head. Lower back slowly.



Tip: Keep your core tight to avoid arching your back. Stand tall and stable. Control the weights on the way down. Start light to focus on good form.

Cable Pull Down

Sit at the machine & grab the bar with a wide grip. Pull the bar down to your chest, keeping elbows pointed down. Slowly let the bar rise back up.



Tip: Keep your back straight, don't lean too far back. Focus on using your back muscles, not just your arms. Avoid jerking the bar, move controlled.

Home without equipment

Glute Bridges

Lie on your back, knees bent, feet flat. Squeeze glutes & lift hips up. Hold 2 seconds. Lower slowly.



Tip: Don't arch your lower back - lift using your glutes. Keep your feet flat and knees pointing forward. Breathe out as you lift, in as you lower.

Drink Bottle - Shoulder Press

Hold water bottle in each hand at shoulder height. Press them straight up overhead. Lower slowly back to shoulders.



Tip: Keep your core tight and back straight. Move slowly - don't use momentum. Start with light weight and increase gradually. You can also use cans.

Drink Bottle - Bent Over Row

Hold drink bottles in each hand. Bend at your hips until your torso is almost parallel to the floor, keeping your back straight. Pull the bottles toward your lower chest/upper stomach. Lower slowly back down.



Tip: Keep your core tight and back flat. Avoid jerking the weight. Keep elbows close to your body for proper form. You can also use cans.

Gym with equipment

Hanging Leg Raise

Rest elbows on pads, grip handles, legs hanging. Keeping your torso stable, lift legs up to a parallel position. Lower slowly.



Tip: Move slowly to maximize core engagement. Keep legs straight and controlled.

Seated Cable Row

Sit with feet on the platform & knees slightly bent. Grab the handles with arms extended & back straight. Pull the handles toward your torso, squeezing shoulder blades together. Slowly return to the starting position.



Tip: Keep your back straight - don't lean too far back. Move in a controlled manner & focus on using your back muscles, not just your arms.

Plank - 30 seconds

Start on your elbows & toes or knees, body in a straight line. Keep your core & glutes tight. Hold without letting hips sag or rise.

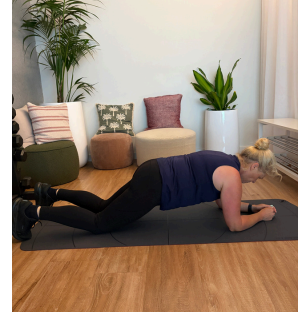


Tip: Keep neck neutral, looking slightly ahead. Breathe steadily, don't hold your breath. Start with shorter holds (15-30 sec) & increase gradually.

Home without equipment

Plank

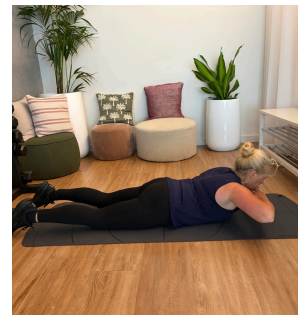
Hold a straight line from head to heels on your forearms, bracing your core & keeping hips level on toes or knees.



Tip: Pull your belly button in, squeeze your glutes, and keep your body in a straight line.

Lying Back Extension

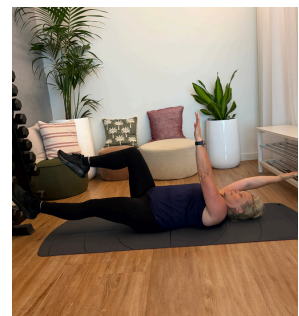
Lie face down on the floor. Hands under your chin, legs straight. Lift your chest slightly off the floor. Hold for 1-2 seconds. Lower slowly back down.



Tip: Keep movements slow and controlled. Avoid arching your lower back too much. Engage glutes and back muscles while lifting.

Dead Bugs

Lie on your back with arms extended toward the ceiling & knees bent at 90°. Slowly lower your right arm & left leg toward the floor, keeping your back flat. Return to start & switch sides.



Tip: Keep your lower back pressed to the floor. Move slowly and controlled. Focus on engaging your core, not just moving limbs.

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Finisher

Perform 10 reps of each exercise back-to-back with no rest, & keep going for 2 minutes. Each exercise is equipment free.

Squat Jump

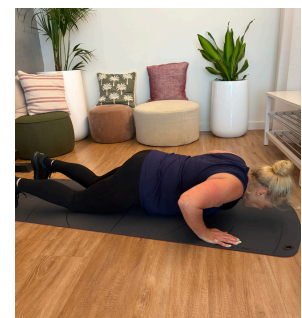
Stand with feet shoulder-width apart.
Lower into a squat, keeping chest up & knees behind toes.
Explosively jump straight up.
Land softly & go into the next squat.



Push Ups

Hands shoulder-width apart, body in a straight line from head to knees.
Bend elbows & bring chest toward the floor.
Extend arms to return to start.

Alternative option is to perform push up on your knees.



Mountain Climbers

Plank position on hands, body in a straight line.
Bring one knee toward your chest, then quickly switch legs, alternating.
Maintain a steady, fast pace like 'running' in place.

Count left & right as 1 rep.

