



# TX DPS Unconventional Workout Equipment Webinar



This interactive training will provide research based information on ways to utilize unconventional equipment and ideas to allow you to train anywhere. Additionally, important concepts to help ensure results will be discussed.

In this handout you will find space to take notes and all the resources that will be discussed in today's webinar.

1. Health recommendations for cardiovascular activity are at least \_\_\_\_\_ Minutes of moderate activity per week.
2. Ways to evolve my workouts in order to consider the overload principle and principle of progression include:
3. Potential workout equipment that may already be around the house might include:
4. Bodyweight exercises are an option with multiple exercise options in the [Limited Equipment Bodyweight Workout Recording](#)
5. The posterior chain is typically stronger or weaker than the anterior chain?
6. If using a suspension trainer, changing the angle of the body where the body is closer to being parallel to the ground typically makes most exercises harder or easier? \_\_\_\_\_
7. Circuit training consists of alternating:
8. Exercise ideas I might utilize include:
9. Additional resources for workouts are available at <https://www.dps.texas.gov/ETR/dailyWorkouts.htm>

### Key Takeaways & Notes:

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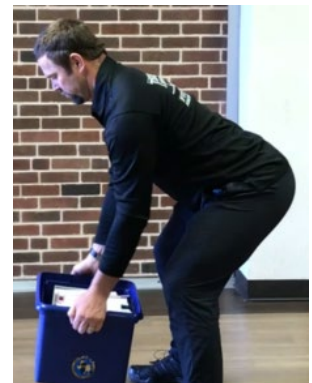


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This document is designed to provide follow-up ideas for participants of the Unconventional Workout Equipment Webinar. For demonstrations of exercises, please refer to the webinar recording which can be [accessed online here.](#)

- There are significant benefits of cardiovascular training. A few ideas to continue cardiovascular training without a gym might include: Walking/Running outside alternating speeds between streetlights or mailboxes, Traversing Steps, Jump Roping, Agility Drills, Toe Taps and much more
- A few ideas for Unconventional Workout Equipment might include:
  - Backpack filled with items
  - Towels or paper plate or cardboard
  - Milk jugs or water containers
  - Cooler filled with rocks and water
  - Plastic container filled with books or other weighted items
  - Homemade Suspension Trainer using sheets or towels
- A few sample exercises might include the following with videos of each here.



Box Low Row



Chair Knee Tucks



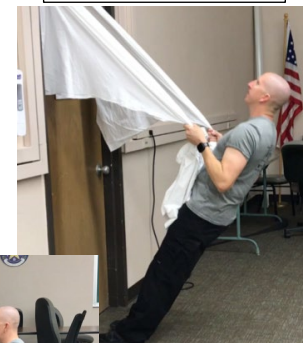
Jug Deadlift Highpull



Jug Lateral Raise



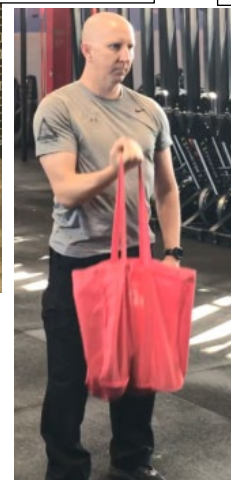
Bag/Stick Curl



Sheet Low Row



Chair Dips



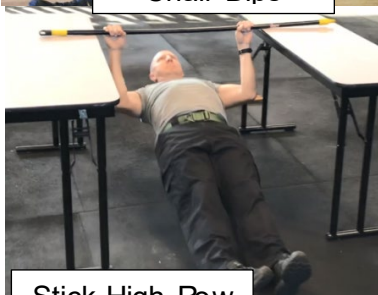
Bag Bicep Curl



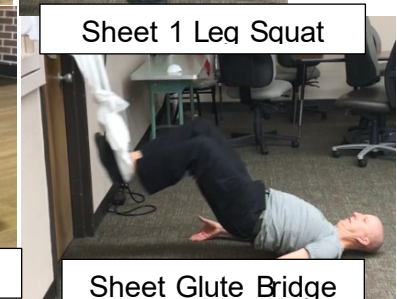
Towel Sliding Hamstring Glute



Sheet 1 Leg Squat



Stick High Row



Sheet Glute Bridge

Additional resources for workouts are [available online here.](#) For questions or additional assistance, email [physicalfitness@dps.texas.gov](mailto:physicalfitness@dps.texas.gov)

## Body Weight (No Equipment) Circuit Workout

Prior to exercise, individuals should seek medical clearance and start with a warm-up while easing into exercise and finishing with a cool-down.

Objective: Improve overall physical fitness

Time: 17.5 minutes plus warm up, static stretch, and transition time

Activity/Muscle Group	Exercise	Time (sec)/Reps	Safety Cues	Equipment
Cardio	Simulation boxing movements with no impact/ Add impact/Arms faster	90 seconds	Stay light on balls of feet	None
Gluteus Maximus Quadriceps Hamstrings	↑ Body squat with forward kick	60 seconds	Push hips back and down like sitting in a chair Keep knees over/behind toes	None
	<b>Body weight Squats</b>			
	↓ Quarter depth Squats			
Cardio	Marching/Power skipping/Add arms	90 seconds	Keep knees forward	None
Pectoralis Major Anterior Deltoid Tricep	↑ Lift arm & opposite leg	60 seconds	Keep spine in neutral alignment Do not let chin drop to floor	None
	<b>Pushups with arm lift</b>			
	↓ Modified push ups with arm lift on knees			
Cardio	Walking/Jogging/Running	90 seconds	Keep torso upright	None
Gluteus Maximus Quadriceps Hamstrings	↑ Reverse Lunge off step to step up	60 seconds	Take big step backwards Ensure balance before stepping Keep neutral spinal alignment	None
	<b>Reverse lunges</b>			
	↓ Long stride steps or squats			
Cardio	Toe taps fast/Arms over head/Fast feet with impact	90 seconds	Stay on balls of feet	None
Pectoralis Major Anterior Deltoid Tricep	↑ With leg drive after each push-up	60 seconds	Keep eyes downward Keep neutral spinal alignment with body in a straight line without hips dropping	None
	<b>Push-ups with feet elevated</b>			
	↓ Push-up from knees			
Cardio	Simulated jump rope/side steps	90 seconds	Keep torso upright	None
Rectus Abdominis	↑ Raise opposite arm opposite leg	60 seconds	Keep neutral spinal alignment Keep eyes downward	None
	<b>Plank clocks</b>			
	↓ Plank form knees and forearms			
Cardio	Side Shuffles/Side steps/Stay low	90 seconds	Do not click feet together	None
Erector Spinae	↑ Reverse Back Extension off table	60 seconds	Keep neutral spinal alignment Keep head and neck in alignment	None
	<b>Opposite Arm/Leg Back Extension</b>			
	↓ Back Extension			
Cardio	Simulated Agility drill/Quick Feet	90 seconds	Keep torso upright	None
Hamstrings, Glutes	↑ One Leg up & other on elevated surface	60 seconds	Palms up to reduce arm usage Make straight line from shoulder to knee	None
	<b>Glute Bridge with feet elevates</b>			
	↓ Both legs on the ground			

For questions, contact [PhysicalFitness@DPS.Texas.gov](mailto:PhysicalFitness@DPS.Texas.gov)