

A woman with blonde hair tied back, wearing a black tank top and olive green leggings, is performing a kettlebell press. She is holding a black kettlebell with both hands in front of her face, with her arms extended upwards. The background shows a wooden fence, green trees, and a clear blue sky. A red banner is overlaid on the image, containing the text "LIMITED EQUIPMENT TRAINING TEMPLATE".

LIMITED EQUIPMENT TRAINING TEMPLATE

JUGGERNAU 

Hey All,

We are dealing with some challenging times for sure and I know training is a big part of your life, happiness, mental and physical health. You've been training hard and we want to help you pivot your training to fit your goals but work with your limited equipment access. Of course, everyone is presented with different equipment availability, so while I can't create unique programs for every situation, I want to equip you with a template and some knowledge about how to best adapt things to your situation.



The important things to focus your training on during this time to best retain your fitness and create positive results during this phase that will benefit you when training returns to normal:

High Velocity/Explosive Movements

These will help your nervous system retain the ability to produce force. Utilizing these more athletic movements (and warming up like an athlete) is fun and will help you be more adaptable to technique adjustments in your lifting.

Very High Volume/High Tension Training

Whether this is with bodyweight, bands, whatever weight DB/KBs you have access to, chasing the pump is key to help you retain the muscle mass you've worked so hard to build.

Building Work Capacity

You can't lift as heavy as normal? We can whine about that or pivot our goals to create positive momentum. When you are limited by intensity, we have to get training stimulus from volume, frequency and training with controlled rest periods so that when training gets back to normal you can be in a position to pick right back where you left off.

Introducing New and Neglected Movement Patterns

Powerlifting training is often only happening up and down, straight forward/backward and while specificity is great, this situation is a great opportunity to build a bigger base of general fitness that will help you stay healthier when we get back to normal training. Introducing more lateral and rotational movements, as well as giving more attention to mobility and stability training (particularly often neglected muscle groups like adductors/abductors and obliques) will be greatly beneficial.

Get Healthy

Been dealing with a nagging injury? This is the perfect time to deal with it. Getting physically healthy is definitely important but in this very stressful time, being mentally healthy is key as well. Never tried Yoga or meditation? This is a great chance to give it a shot.

Now that we understand the goals of training during this time, let's look at how training can be effectively organized.

First, we want to make sure we are warming up effectively. The warm-up is a time not only to prepare the body for training but for getting healthier and even improving work capacity when you move with intention at a quick pace. Getting outside (remember that is allowed even in this time of social distancing) to do your warmup is a great idea to get some sun and fresh air. Give one of these a try for your warmup...

Warmup A

Thermogenic-Jogging, Biking (Stationary or normal),
Jump Rope, Rowing, etc
for 2-5 Minutes to get a sweat going.

Joint Circles-No, not that kind. Smooth, relaxed circles of the Neck,
Shoulders, Arms, Wrists/Elbows, Hips, Trunk x10 in each direction

Walking Series (this can be done in place too if space is limited),
Inchworms, Knee To Chest, Foot To Butt w/ Reach, Reverse Lunge w/
Rotation, Lunge w/ Twist x10yds each (or 10 reps each)

Warmup B

Thermogenic-Jogging, Biking (Stationary or normal), Jump Rope, Rowing, etc
for 2-5 Minutes to get a sweat going.

90/90 Breathing x10-15 Breaths

Deadbugs x10 each side

Iso Hold Glute Bridge x30 seconds

Seated Hip Rotations x10 each side

Birddogs x10 each side

Fire Hydrants x10 each side

Hip Circles x5 each side/each direction

Side Plank x30 seconds each side

So now you're warm and ready to get some work done. I am going to outline 2 example sessions, A and B, many workouts can be created from this but in the spirit of The Principle of Overload and Fatigue Management I would suggest organizing training as one of the following options...

Option 1

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	A1	B1	A2	B2	A3	B3	Off
2	A1+	B1+	A2+	B2+	A3+	B3+	Off

Option 2

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	A1	B1	A2	Off	B2	A3	Off
2	B3	A1+	B1+	Off	A2+	B2+	Off

Option 3

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	A1	B1	Off	A2	B2	Off	A1+
2	B1+	Off	A2+	B2+	Off	A1++	B1++

Read this as A1 is 1 choice of exercise for the A Workout, A2 is a different choice of exercises for the A Workout, A1+ is an overloaded version of A1 (increased volume, decreased rest periods, increased intensity, etc).



WORKOUT A

Explosive Lower Body Movement

3 to 10 Sets of 3 to 5 Reps

Any jumping movement is a good choice here, such as, Squat Jumps, Box Jumps, Tuck Jumps, Broad Jumps, Lunge Jumps. If you have room to do sprints, 10-20 yd sprints are good options.

Overload Example

Week 1 6x3, Week 2 8x3, Week 3 10x3, Week 4 6x4, Week 5 8x4...

Intensity Options

Bodyweight is fine but you can hold weight if you'd like.

Rest Guidelines

Quality is the goal for this part of training, so get near complete rest, likely 30-90 seconds between sets.

Explosive Upper Body Movement

3 to 10 Sets of 2 to 5 Reps

Any explosive pushup is a good option. Explosive Pushups, Clapping Pushups, Hand Switch Pushups, Pushups Onto Boxes

Overload Example

Week 1 6x2, Week 2 8x2, Week 3 10x2, Week 4 6x3, Week 5 8x3...

Intensity Options

Bodyweight is fine but you can add a weighted vest/backpack or increase box height.

Rest Guidelines

Quality is the goal for this part of training, so get near complete rest, likely 30-90 seconds between sets.

Primary Upper Body Push

4 to 8 Sets of 4-0RIR, Ideally in 5-20 Rep Range

Here is where your equipment availability will begin to create tons of variability in the movements you can do. If you have adjustable dumbbells, awesome! You could do any DB Bench or Press Variation here (Flat, Floor, Incline, Seated Overhead, Standing Overhead, Alternating, etc).

If you only have a single pair of DBs or KBs, then you still have several options in terms of variation but now will be limited in your loading, this is where you will want to add difficulty to your training through tempo or special sets. For example, if you have a pair of 45# DBs and in one normal AMRAP set of Flat DB Bench could do those for 20+ reps, you can add difficulty by doing Incline or Overhead Press, utilizing 3-5 count eccentrics, pausing at various points during the reps or doing alternating presses.

If you only have a band, you are then likely to use a band resisted pushup here by grabbing the ends of the band in your hands and stretching it across your back, you can also manipulate the grip of your pushups (closegrip, widegrip, feet elevated, hands elevated on blocks/books to get deeper stretch) and adding weight on your back via a backpack, someone sitting on you, etc is a great option to make 10-15 pushups challenging. Dip variations are also a good choice.

Overload Examples

Week 1 4x10-15 at 3RIR, Week 2 4x10-15 at 1-2RIR, Week 3 4x10-15 at 0RIR or Week 1 4x10, Week 2 6x10, Week 3 8x10. There are a lot of possibilities here, just pick one and go for it.

Intensity Options

Most of them are outlined above but another option that could be useful in this time are isometrics. This could literally mean trying to push a wall over in your house, just putting maximal force into an immovable object for 5-6 second burts.

Rest Guidelines

This will vary widely based on how much intensity you have available to you. If you're using pushup variations, then 90ish second rests are probably appropriate and up to 3 minutes if you're using a Dumbbell/Band combination. Most importantly, challenge yourself to keep a quick pace and utilize consistent rest periods as another variable to control in your training.

Primary Lower Body 'Squat' Variation

4 to 10 Sets of 4-0RIR, Ideally in 8-20 Rep Range

Similarly to above, what equipment you have available will be a big determinant in what this aspect of training looks like, most likely this is the piece of training that will be most limited for people. More likely than not, you will want to choose a unilateral movement here since you will be limited by weight, so Lunge, Split Squat or Step Up variations will be best.

If you only have, for example, a pair of 45# dumbbells, you may also need to add a weighted backpack to increase intensity. If you've realistically maxed out your ability to load these exercises and you're still able to do over 20 Reps/Set, then you will want to start introducing things like controlled tempos (3-5 count eccentrics), pauses at various stages of the movement and/or extended ROM (higher box to step up onto, both feet elevated in split squat so you can go deeper).

Overload Examples

Week 1 4x10 each leg at 3RIR, Week 2 4x12 each leg at 1-2RIR, Week 3 4x15 each leg at 0RIR or Week 1 10x6 EMOM, Week 2 10x7 EMOM, Week 3 10x8 EMOM. There are a lot of possibilities here, just pick one and go for it.

Intensity Options

Most of them are outlined above but another option that could be useful in this time are isometrics. This could be standing on a sturdy strap (like a tow strap for a sled) and deadlifting against it in a fixed position, this can also be done from a split stance, just put maximal force into an immovable object for 5-6 second burts..

Rest Guidelines

This will vary widely based on how much intensity you have available to you. If you're using pushup variations, then 90ish second rests are probably appropriate and up to 3 minutes if you're using a Dumbbell/Band combination. Most importantly, challenge yourself to keep a quick pace and utilize consistent rest periods as another variable to control in your training.



Hi Rep Pressing Variation

2 to 4 Sets of 2-0RIR, Ideally in 15+ Rep Range

This should be a bit more novel variety than your first movement to help satisfy our goal of introducing unique movement patterns during this time of training. Varied grip or offset (one hand elevated more than other) pushups, handstand/pike pushups, all available DB pressing variations are good options here. This is also a good time to utilize a Mechanical Dropset (Moving from less to more mechanically advantaged positions, ie. Decline > Flat > Incline Press or Pushups) or Rest Pause Sets (Breaking one big set up into 3 smaller sets, mini-set 1 is 3-4 RIR, rest 10-20 seconds, mini-set 2 is 2-3RIR, rest 10-20 seconds, mini-set 3 is 0RIR).

Overload Examples

Week 1-3xAMRAP, Week 2-3xAMRAP (beat Week 1 Total Reps), Week 3-3xAMRAP (beat Week 2 Total Reps) or Week 1-3x20 Seconds, 60 Sec Rest. Week 2-3x30 Seconds, 90 Sec Rest. Week 3-3x40 Seconds, 120 Sec Rest.

Intensity Options

Pretty much all your options are outlined above, just do a lot of reps and get a huge pump.

Rest Guidelines

Keep it short, build some capacity and keep bloodflow high.

Non-Sagittal Unilateral Variation

2 to 4 Sets of 4-0RIR, Ideally in 10+ /leg Rep Range

This is the opportunity to train outside of the sagittal plane (straight up and down) that powerlifters are often locked in. Moving laterally and/or rotationally will help keep your body healthier for the long term, keep in mind though if you haven't moved in these ways recently, that you don't need to overdo things in terms of load, volume or ROM. Lateral Lunges, Reverse Lunges, Lateral Step-Ups, Curtsy Squats, and Fwd or Reverse Lunge w/ Twist are all good options here.

Overload Examples

Week 1-3x10 each leg, Week 2-3x12 each leg, Week 3-3x15 each leg or Week 1-3x20 Seconds, 60 Sec Rest. Week 2-3x30 Seconds, 90 Sec Rest. Week 3-3x40 Seconds, 120 Sec Rest.

Intensity Options

Pretty much all your options are outlined above, introducing an off-set load (DB in one hand only, KB in front rack on one side only) can further add variation to this movement.

Rest Guidelines

Keep it short, build some capacity and keep bloodflow high.

Sagittal Core Movement

3 to 5 Sets of 10-20 Reps

Good choices here are any Front Plank variation, Situps, V-Ups, Banded Deadbugs, Ab Wheel/Rollouts, Hanging Leg Raises, Supine Single Leg Lowering, the list goes on.

Overload Examples

Week 1-3x10, Week 2-3x15, Week 3-3x20 or Week 1-3x30 sec on/30 sec off, Week 2-4x30 sec on/30 sec off, Week 3-5x30 sec on/30 sec off

Rest Guidelines

Keep it short, 30-60 seconds

Lateral or Rotational Core Movement

3 to 5 Sets of 8-15 Reps Each Side/Direction

Options here are Pallof Presses, Russian Twists, Landmine Twists (just put the end of the bar in the corner), Side Plank variations, Copenhagen Plank variations.

Overload Examples

Week 1-3x8 each side, Week 2-3x10 each side, Week 3-3x12 each side or Week 1-3x30 sec on/30 sec off, Week 2-4x30 sec on/30 sec off, Week 3-5x30 sec on/30 sec off

Rest Guidelines

Keep it short, 30-60seconds.

Finisher (Optional)

I'm not generally a fan of 'finishers' during the course of regular training but for this short period of time where training is going to be as much about stress relief, as it is a desired training effect this can be a fun inclusion.

This could be all sorts of different things, here are some ideas...

5 Min AMRAP of 20 Pushups, 20 Air Squats

50 Burpees for Time

100 Pushups and 100 Air Squats for Time

10 Min AMRAP of 20 Pushups, 10 Each Leg Lunges, 20 V-Ups

You get the idea, if you're into these, pick one and do it 3-5x over the course of a couple weeks and try to improve your result.

Extra things you can add to this day are:

Direct Pec Work like DB or Band Flies

Direct Shoulder Work like DB or Band Lateral and Front Raises

Direct Tricep Work like Skullcrushers, Pushdowns, etc

More Core Work



WORKOUT B



Primary Upper Body Pull

4 to 8 Sets of 4-0RIR, Ideally in 5-20 Rep Range

As with the Push in Workout A, your equipment availability will begin to create tons of variability in the movements you can do. If you have adjustable dumbbells, a pullup bar, TRX straps, you're set with everything you'll ever need for this category. Pullups, Chinups, DB Rows (single arm or bentover with 2 DBs/KBs, Seal DB Rows, Ring/TRX Rows. If you are limited by just one weight of DBs or KBs then you'll need to create training effect with higher rep sets, controlled tempos and very strict technique, if you also have a band and can add extra resistance that way, great. If you don't have any equipment, do inverted rows off of a table, get great at them.

Overload Example

Week 1 4x8-12 at 3RIR, Week 2 4x8-12 at 1-2RIR, Week 3 4x8-12 at 0RIR or Week 1 4x10, Week 2 5x10, Week 3 6x10. There are a lot of possibilities here, just pick one and go for it.

Intensity Options

Most of them are outlined above but another option that could be useful in this time are isometrics.

Rest Guidelines

This will vary widely based on how much intensity you have available to you. If you're using bodyweight variations, then 60ish second rests are probably appropriate and up to 2 minutes if you're using a Dumbbell/Band combination. Most importantly, challenge yourself to keep a quick pace and utilize consistent rest periods as another variable to control in your training.

1B

Primary Lower Body 'Deadlift' Variation

4 to 10 Sets of 4-10 RIR, Ideally in 5-20 Rep Range

Similarly to above, what equipment you have available will be a big determinant in what this aspect of training looks like, most likely this is the piece of training that will be most limited for people. RDLs, Glute Bridges, Hip Thrusts are all good options. You can weight these with DBs/KBs + Bands, try adding a backpack in front of your body too while performing RDLs. If you are very limited by resistance, utilize controlled tempos

Overload Example

Week 1 4x10 at 3RIR, Week 2 4x12 at 1-2RIR, Week 3 4x15 at 0RIR or Week 1 10x6 EMOM, Week 2 10x7 EMOM, Week 3 10x8 EMOM. There are a lot of possibilities here, just pick one and go for it.

Intensity Options

Most of them are outlined above but another option that could be useful in this time are isometrics. This could be standing on a sturdy strap (like a tow strap for a sled) and deadlifting against it in a fixed position, this can also be done from a split stance, just put maximal force into an immovable object for 5-6 second bursts.

Rest Guidelines

This will vary widely based on how much intensity you have available to you. If you're using pushup variations, then 90ish second rests are probably appropriate and up to 3 minutes if you're using a Dumbbell/Band combination. Most importantly, challenge yourself to keep a quick pace and utilize consistent rest periods as another variable to control in your training.



Hi Rep Pulling Variation

2 to 4 Sets of 2-0RIR, Ideally in 15+ Rep Range

This should be a bit more novel variety than your first movement to help satisfy our goal of introducing unique movement patterns during this time of training. Varied grip pullups or rows, extra grip challenge (fat grips, towel grips, etc). This is also a good time to utilize Rest Pause Sets (Breaking one big set up into 3 smaller sets, mini-set 1 is 3-4 RIR, rest 10-20 seconds, mini-set 2 is 2-3RIR, rest 10-20 seconds, mini-set 3 is 0RIR) or Cluster Sets (eg. 4-6 sets of 4-8 reps with an 8-15rm load, 10 seconds between sets and on the final set, go to failure).

Overload Example

Week 1-3xAMRAP, Week 2-3xAMRAP (beat Week 1 Total Reps), Week 3-3xAMRAP (beat Week 2 Total Reps) or Week 1-3x20 Seconds, 60 Sec Rest. Week 2-3x30 Seconds, 90 Sec Rest. Week 3-3x40 Seconds, 120 Sec Rest.

Intensity Options

Pretty much all your options are outlined above, just do a lot of reps and get a huge pump.

Rest Guidelines

Keep it short, build some capacity and keep bloodflow high.



Unilateral Posterior Chain Variation

2 to 4 Sets of 4-0RIR, Ideally in 10+ /leg Rep Range

Staggered Stance RDLs, Single Leg Hip Thrusts, Single Leg Glute Bridges, 2 Up/1 Down Variations are all good options here.

Overload Example

Week 1 4x10 at 3RIR, Week 2 4x12 at 1-2RIR, Week 3 4x15 at 0RIR or Week 1 10x6 EMOM, Week 2 10x7 EMOM, Week 3 10x8 EMOM. There are a lot of possibilities here, just pick one and go for it.

Intensity Options

Introducing an off-set load (DB in one hand only, KB in front rack on one side only) can further add variation to this movement.

Rest Guidelines

Keep it short, build some capacity and keep bloodflow high.

Unilateral Posterior Chain Variation

Improving your aerobic capacity doesn't have a direct transfer to powerlifting success on the platform but it can help build your intra-session MRV, improve recovery between sessions, improve body composition and just make you generally healthier. This is a great time to begin getting more fit, your lifting will benefit in the long term.

A Tempo Circuit will utilize some sort of aerobic exercise like running, biking, rowing, jump rope, swimming, high knees in place interspersed with core work. All of this should be done at 60-75% output (think 6-7RPE), you will be breathing hard but your muscles shouldn't be filled with lactic acid and shortly after completing you should feel refreshed.

Perform 20-45 seconds of Aerobic Exercise, rest 15-40 seconds, perform 10-30 reps of 20-45 seconds of a Core Exercise, rest 15-40 seconds, perform this for 6-10 rounds or 20-40 minutes. This will vary widely by your fitness levels.

An example Tempo Circuit could be...

Bike for 40 Seconds, Rest 20 Seconds

Deadbugs for 40 Seconds, Rest 20 Seconds

Bike for 40 Seconds, Rest 20 Seconds

R Side Plank w/ Leg Lift for 40 Seconds, Rest 20 Seconds

Bike for 40 Seconds, Rest 20 Seconds

L Side Plank w/ Leg Lift for 40 Seconds, Rest 20 Seconds

Bike for 40 Seconds, Rest for 20 Seconds

Front Plank w/ Reach for 40 Seconds, Rest 20 Seconds

Repeat 3x (24 Minutes Total)

Overload Example

Week 1-2x6 Rounds (1 Round is Aerobic Exercise + Core Exercise), Rest 3-5 Min b/t Rounds, Week 2-2x8 Rounds, Week 3-2x10 Rounds or Week 1-20 Minutes Total, Week 2 30 Minutes Total, Week 3-40 Minutes Total (or 20, 25, 30 min total, you get the idea)

Extra things you can add to this day are:

- Rear Delt Work like DB or Band Reverse Flies

- Direct Bicep Work like DB or Band Curls

- More Glute Work like Banded Monster Walks, Side Lying Clamshells

This is an overview of training ideas to help you design your own effective training. This should be much more useful than me writing a specific workout and then you saying 'but I don't have XYZ piece of equipment.' This training doesn't need to be something different everyday, you can just pick a few basic movements and do a lot of them.

Over the next weeks and possibly months without access to a gym, it is likely you lose some strength and size, but focusing on what you can't do isn't going to help anything. What you can do is retain as much strength and muscle as possible through a combination of high velocity movements like jumps and high volume bodyweight training, you can improve work capacity, you can add new movement patterns in to help build durability against injury for the long term, you can improve mobility and core strength, you can make the best of a bad situation.

Good Luck,
CWS



EXAMPLE PROGRAMS



EXERCISE		WEEK 1	WEEK 2	WEEK 3
1A	Squat Jump	4x5	6x5	8x5
1B	Clapping Pushup	4x3	6x3	8x3
2A	Band Resisted Pushups w/ Weighted Backpack	4x3RIR	4-5 x 2RIR	5x1RIR
2B	5 Count Eccentric Split Squats	4x10 each leg	4x12 each leg	4x15 each leg
3A	Closegrip Pushup Mechanical Drop Set	3xAMRAP	3xAMRAP	3xAMRAP
3B	Lateral Step Ups	3x30 Sec Each Leg	3x45 Sec Each Leg	3x60 Sec Each Leg
4A	Front Plank w/ Band Row	3x10 Each Hand	3x12 Each Hand	3x15 Each Hand
4B	Side Plank w/ Rotation	3x10 Each Side	3x12 Each Side	3x10 Each Side
5	10 Pike Pushups 10 Each Leg Reverse Lunges 10 Each Side Russian Twists		5 minute AMRAP	



EXERCISE		WEEK 1	WEEK 2	WEEK 3
1A	Mixed Grip Pullups (Change Grip Every Set)	3x6-8 3RIR	3x7-9 2RIR	3x8-10 1RIR
1B	Banded DB RDLs w/ 5 Ct Eccentric	3x10	3x12	3x15
2A	Inverted Towel Grip Rows	3xAMRAP	3xAMRAP	3xAMRAP
2B	2 Up 1 Down Hip Thrusts	3x10 Each Leg	3x12 Each Leg	3x15 Each Leg
3A	Tempo Circuit	3 Rounds	4 Rounds	5 Rounds
B	Jump Rope x45 Seconds, Rest 15 Seconds			
C	Deadbugs x45 Seconds, Rest 15 Seconds			
D	Rope x45 Seconds, Rest 15 Seconds			
E	R Side Plank w/ Leg Lift x45 Seconds, Rest 15 Seconds			
F	Jump Rope x45 Seconds, Rest 15 Seconds			
G	Birddogs x45 Seconds, Rest 15 Seconds			
H	Jump Rope x45 Seconds, Rest 15 Seconds			
	L Side Plank w/ Leg Lift x45 Seconds, Rest 15 Seconds			

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