PBGGAME · ORIGINAL PRINTABLE CHART

A Repeatable Full-Body Home Workout

Choose familiar versions you can set up and control. The five slots organize a session; the amounts are flexible editorial examples, not a tested optimal program or a medical recovery plan.

Movement	Choose a suitable version	Concise setup and movement cue	Adjustable example
Squat	Bodyweight squat; a documented band/weight version is optional	Keep feet grounded. Bend hips and knees together; reverse a manageable depth and return smoothly.	One easy set of 8–12 controlled repetitions
Hinge	Unloaded hip hinge or approved long-loop Romanian deadlift	Long-loop version: use its permitted underfoot contact and direct grip. Move hips back with soft knees; stand without an arm pull or backward lean.	One easy set of 8–12 repetitions
Pull	Approved underfoot handled-tubing row or your familiar suitable row	Handled tubing version: center under feet, palms inward. Keep a steady bent-knee position; draw elbows back close to the body and return slowly.	One easy set of 8–12 repetitions
Push	Wall push-up or suitable knee-supported floor version	Wall version: hands near shoulder height. Bend and press smoothly without sagging. A knee-supported floor version is a separate choice.	One set of 6–10 controlled repetitions
Trunk control	Bodyweight alternating heel slide	Knees bent, feet on the floor. Breathe while one heel slides away within retained trunk/pelvic control; return and alternate.	A brief set of 5–8 slides per side

> **Keep the band formats separate.** The hinge reference uses a long continuous loop held directly; the row reference uses handled tubing. One band, short fabric loop or accessory is not automatically suitable for both. Confirm actual contact, grip and stretch instructions before loading.

Rehearse lightly. Rest until breathing, footing and setup are ready; one to two minutes is an optional starting guide. Keep movements controlled and end a set before the setup or intended range changes. You need not complete every version listed.

No external band anchor: the travel version

1. Check a clear, level space and secure floor/footwear contact. Inspect familiar elastic, handles and connectors. Avoid loose rugs and wet surfaces.
2. Choose bodyweight squats, a suitable wall push and a permitted underfoot hinge or row that fits the equipment you brought. Add heel slides only if floor access and the surface suit you.
3. For less time or energy, choose one squat, a suitable pull if available and a bodyweight push. Record omitted slots: dropping the row removes pulling work and does not reproduce the complete session.

No external anchor still means secure self-contact. Your feet secure underfoot elastic. Do not attach it to unfamiliar doors, desks, luggage racks or railings. A wall push uses the wall for your hands; it does not anchor a band.

Prepared 25 October 2026. Read the full PBGGAME guide · Use the record and source links on page 2.

PBGGAME · PRACTICE RECORD

Keep the setup repeatable

Date: _____ **Home / travel:** _____

Available equipment / surface: _____

Movement / version	Band, grip, foot spacing, support and range	Sets / repetitions / control notes
Squat		
Hinge		
Pull		
Push		
Trunk control		

Omitted or changed today: _____

Next-session choice: _____

Fit practice into your week

ACSM's healthy-adult summary emphasizes consistent resistance training across major muscle groups at least twice weekly. Two sessions on separate days can be an adjustable starting schedule. Account for other training and recovery; this chart is one strength component, not a replacement for all activity.

After repeated manageable sessions, change one thing: a repetition, a set or a modest permitted resistance change. Record it. A different grip length or exercise version changes the comparison. Travel fatigue can justify less work; it does not require an exhausting catch-up session.

Upper-body emphasis: retain push and pull

Keep a suitable push and pull before adding limited shoulder or arm work. An upper-body-only choice omits the squat and hinge slots; a chest-only section does not cover the whole upper body. Choose details that match your actual equipment:

Chest / pushing | Back / pulling | Shoulders | Arms

> Unload before adjusting elastic. Stop for pain, dizziness or unexpected loss of control. No printed resistance range or packed product mass gives an exact training load. This chart does not promise weight loss; activity and eating patterns affect weight, and individual needs vary.

Movement references and full guide

- ACSM: 2026 resistance-training summary
- ACE: bodyweight squat
- Mayo Clinic: handled-tubing row
- SET FOR SET: long-loop deadlift / RDL
- Mayo Clinic: modified and wall push-ups
- Peak Physio: heel slides
- CDC: activity and weight expectations

Full guide: pbggames.com/blogs/training/full-body-home-workout

Original PBGGAME cue summaries and record sheet · 25 October 2026. Source instructions retain their actual equipment and population limits. No commercial exercise cards or pictures are reproduced.