



**14 FREE
AT-HOME WORKOUTS**

DB & BODYWEIGHT

**SIMPLE, QUICK, &
EFFECTIVE**

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YOUR TIME IS VALUABLE

A man in a black tank top and shorts is performing a lunge in a gym. He is holding a dumbbell in his right hand. The background shows gym equipment like dumbbells and a rack.

The days of 2 hour gym sessions are long gone. You've got too many responsibilities on your plate and require more-time efficient solutions for your workouts.

If you have 15-30 minutes and a pair of dumbbells you can get a workout in anywhere, anytime. In fact, regardless of your physical ability these minimalist workouts can be a valuable resource to keep in your toolkit.

Whether you are a beginner training from home, or a minimalist fitness enthusiast, these workouts will help improve both your physique and performance.

Here are 14 of my go-to workouts when I'm short on time and have limited access to equipment. Add these workouts in to spice up your current fitness routine, or you can even cycle through this list of workouts for the next 6 weeks and track your progress with each new attempt.

Enjoy! - Coach Jared

Rx Dumbbell Weight

Fitness: 15-35lb dumbbells

Performance: 35-55lb dumbbells

Adjustable dumbbells are a great option here, but any selection of dumbbells will do. Each exercise name in this document is a hyperlink to a video demonstration sourced from YouTube.com.

The Warm Up

I'm a firm believer that the body performs optimally after a thorough dynamic warm up and full body activation. For the sake of simplicity I think sticking to a single well-rounded routine is a great way to eliminate the number of decisions you need to make around your training. Then changing that warm up routine every month or so.

Here is a great warm up routine to use as a primer prior to any form of activity. Feel free to add this in before your next round of golf, hike, or workout.

90/90 Arm Sweep

Bent Knee Hamstring Stretch

Half Kneeling Adductor Rock

High Plank with Alternating Forward Steps

Knee Hug to Lateral Lunge

Complete 5-10 reps of each movement.

The Workouts

Workout 1

6 Rounds

Burpees x8

DB Squat to Press x10

Plank DB Row x12

Perform 6 rounds for time. Burpees can be any variation. Use the same dumbbells for each exercise to limit any transition time. Pick a sustainable pace and finish strong!

Workout 2

20 Minute EMOM

DB Hang Clean x4

DB Push Press x4

DB Front Squat x4

Perform 20 rounds each one starting at the beginning of every new minute. Perform 4 reps of each exercise, then use any time remaining in each minute to rest. If you finish in :30 then you have :30 seconds left to rest before the next round starts. Use the same dumbbells for each exercise to limit any transition time.

Workout 3

10 Rounds

DB Devils Press x5

DB Suitcase Squat x10

V-Up x15

Perform 10 rounds for time, rest as needed.

Workout 4

5 Rounds

DB Shoulder Press x10

Alternating DB Lateral Lunge x10 each

Alternating Single Leg V Up x10 each

Perform 5 rounds for time, rest as needed.

Workout 5

15 Minute AMRAP

Burpee x5

DB Clean & Jerk x10

DB Goblet Squat x15

Russian Twist x20

Perform as many rounds as possible in 15 minutes, rest as needed. Burpees can be any variation. Use the same dumbbells for each exercise to limit any transition time.

Workout 6

5 Sets of 3 Minute AMRAP

DB Hang Clean x3

T Push Up x6

DB Goblet Jump Squats x9

Perform as many rounds as possible in 3 minutes then rest for 1 minute, that's 1 set. Now you have 4 sets remaining. Complete 5 total sets of the 3 minute AMRAP, this takes about 20 minutes.

Workout 7

20 Minute AMRAP

DB Front Squat x12

DB Bentover Row x12

DB Floor Press x12

Plank with DB Pull Through x12

Perform as many rounds as possible in 20 minutes, rest as needed. Use the same dumbbells for each exercise to limit any transition time.

Workout 8

5 Rounds

Burpees x10

DB Skier Swings x20

Bodyweight Squats x30

Seal Jacks x40

Perform 5 rounds for time, rest as needed. Burpees can be any variation.

Workout 9

4 Rounds

Burpee

DB Squat to Press

Straight Leg Sit Up

x21/15/9/3

Perform 4 rounds for time, rest as needed. Burpees can be any variation. Reps start at 21 then decrease by -6 each round until the final round of 3 reps each.

Workout 10

10 Rounds

Bodyweight Squats x10

Push Ups x10

V-Ups x10

Complete 10 rounds for time (100 reps each).

Workout 11

5 Rounds

200m Run

Alternating Single Arm DB Snatch x10

Alternating DB Goblet Curtsy Lunge x20

Perform 5 rounds for time, rest as needed.

Workout 12

5 Rounds

DB Squat to Press x10

Quadruped DB Row x20

Weighted Skater Hops x30

Perform 5 rounds for time, rest as needed. Use the same dumbbells for each exercise to limit any transition time.

Workout 13

10 Rounds

Burpees

Alternating Reverse Lunges

x20/18/16/14/12/10/8/6/4/2

Perform 10 rounds for time, rest as needed. Burpees can be any variation. Reps start at 20 then decrease by -2 each round until the final round of 2 reps each.

Workout 14

25 Minute AMRAP

200m Run

Walking Lunges x20

Push Ups x20

Straight Leg Sit Up x20

Perform as many rounds as possible in 25 minutes, rest as needed.

WHAT NEXT?

I hope these workouts are a great source for you to use in your own fitness routine! Remember to modify as needed, and reach out if you have any more specific questions.

I would love to hear back from you on your experience as well as learn more about your specific training goals. I believe each individual person requires a tailored game plan to reach their goals in a sustainable and safe manner.

Each month I take on a handful of 1:1 Remote Coaching clients who are looking for help dropping fat, building muscle and strength, while balancing a busy and fulfilling lifestyle.

If you are interested in learning more information about my 1:1 Remote Coaching option feel free to book a FREE connection call with me to discuss the details!

(BOOK HERE)

Stay on the look out for the next PDF giveaway! Looking forward to helping you reach your goals!

- Coach Jared