

Apartment Workout Card

Two strength days, one cardio day. Less impact does not guarantee silence.

Start with 4-5 minutes of easy movement and unloaded practice.

Leave 2-3 good reps available. Rest 60-90 seconds, or longer as needed.

Returning exercisers: start with one set. Keep strength days nonconsecutive.

DAY A - e.g., Monday

Sit-to-stand / controlled squat: 2 x 6-10

Wall push-up: 2 x 6-12

Supported one-arm row: 2 x 8-12 per side

Glute bridge: 2 x 8-12

Supine heel slide: 2 x 5-8 per side

DAY B - e.g., Thursday

Supported split squat: 2 x 6-8 per side

Wall push-up / stable incline variation: 2 x 6-12

Supported one-arm row: 2 x 8-12 per side

Unloaded / light dumbbell hip hinge: 2 x 8-12

Supine heel slide: 2 x 5-8 per side

Easier swaps: sit-to-stand instead of split squat; hinge instead of bridge.

For floor-access difficulty: comfortable wall plank, 2 x 15-25 seconds.

No safe pulling equipment? Omit rows for now; other moves do not replace pulling.

Room check / footing / stable support / equipment / quiet hours

Stop for pain, dizziness or unusual symptoms. Seek appropriate guidance.

Use the article for technique and adaptations; this is not individualized care.

Full instructions: primeformen.com/apartment-friendly-workouts/

Cardio and Four-Week Progression

Record what you can repeat. Change one variable at a time.

14-MINUTE CARDIO - e.g., Saturday

2 min easy warm-up + 8 min intervals + 2 min easy steps + 2 min recovery.

Stations: step-touch, step jacks, stationary shadow boxing, squat-to-reach.

Two rounds: 40 sec work + 20 sec recovery per station. No hand weights.

Easier: 20 sec work + 40 sec recovery. Keep movement and breathing controlled.

FOUR-WEEK GUIDE

Week 1: learn the setup; one set for returners, two if manageable.

Week 2: add a set OR a rep if ready; do not change both together.

Week 3: work toward the top rep range. Optional cardio change: 20/40 to 30/30.

Week 4: after two controlled top-range sessions, consider a small progression.

Return to lower reps after adding load. Repeat a week whenever needed.

Strength log: date / variation / load / reps / effort

Cardio log: date / interval timing / completed rounds / response

Next session: repeat, simplify or change one variable

This starter schedule is not the complete weekly aerobic activity target.

Full instructions: primeformen.com/apartment-friendly-workouts/