



If you're willing to buy a kettlebell, some dumbbells, and a pull-up bar, you don't even need to leave your home to do this minimalist workout. Illustrations by Erin Wilson.

Like most athletes who would rather be outdoors running, riding, swimming, or hiking, I don't set aside much time for the gym. Yet I fully realize the importance of building general strength and mobility—not just to support my outdoor activities, but also for everyday health and fitness. I'd like to be able to unload groceries, haul suitcases up and down stairs, and bend over to put on my shoes well into my eighties. That means I have to go to the gym a few days a week. But when I'm there, I try to focus solely on the essentials. (If you're willing to buy a kettlebell, some dumbbells, and a pull-up bar, you don't even need to leave your home.)

Thinking I might be on to something good—but far from sure—I recently worked up the courage to put my 35-to-40-minute routine to the ultimate test: Twitter.

Minimalist workout for all-around strength:

- 3x6 pull-up
 - 3x8 goblet squat
 - 3x16 push-up
 - 3x8 lunge
 - 3x8 single-leg deadlift
- (2-3x week)

— Brad Stulberg (@BStulberg) [August 11, 2017](#)

The response was overwhelmingly positive, and a handful of experts liked or retweeted the post. I wanted to learn more about why they agreed, so I reached out to some of the best in the business for details.