

No Equipment Day 3

1 min · Abs, Arms, Legs, Shoulders

Each exercise is to be completed for 45 seconds with a 15 seconds rest. Complete A, B + C back to back. Then complete 4x (total 4 sets). Time to complete: 30 minutes

Lateral Shuffles



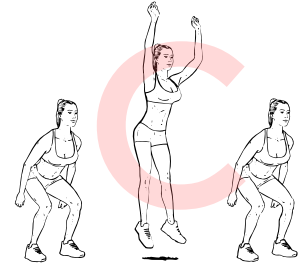
Superset A1 · complete for 45 seconds, rest 15 seconds

Cross Body Mountain Climbers



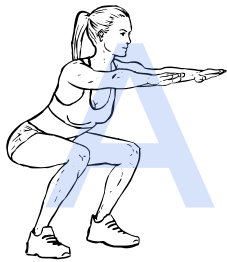
Superset B1 · complete for 45 seconds, rest 15 seconds

Side to Side Jump Squats



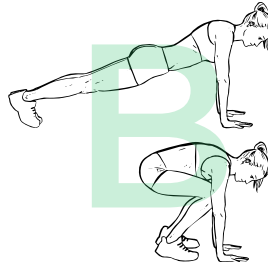
Superset C1 · complete for 45 seconds, rest 15 seconds

Static Squat Hold



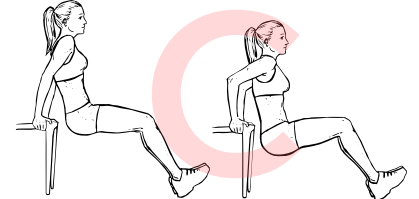
Superset A2 · complete for 45 seconds, rest 15 seconds

Snap Jumps



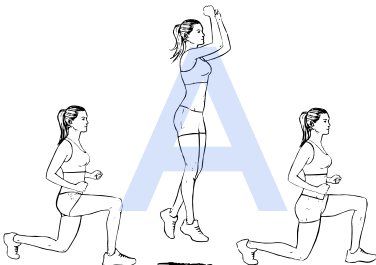
Superset B2 · complete for 45 seconds, rest 15 seconds

Bench Tricep Dips



Superset C2 · complete for 45 seconds, rest 15 seconds

Explosive Jumping Alternating Lunges



Superset A3 · complete for 45 seconds, rest 15 seconds

Bodyweight Shoulder Presses



Superset B3 · complete for 45 seconds, rest 15 seconds

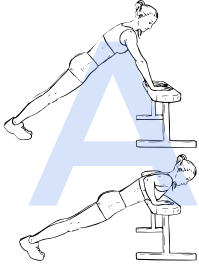
Butt Kicks



Superset C3 · complete for 45 seconds, rest 15 seconds



Incline Push-ups



Superset A4 · 10 reps x 3 sets



Side / Lateral Shuffles / Hops / Skaters

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

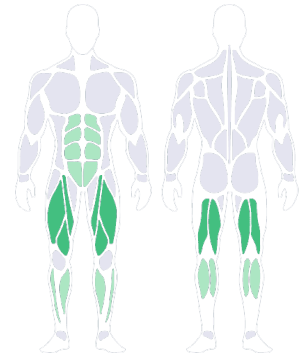
Abs, Calves

Keep your core tight and back flat as you bend slightly forward.

Perform a small jump to the right. As you do, bring your left leg behind you and tap the ground. At the same time, bring your left arm in front of you.

Now, jump to the left, bringing your right leg behind you and your right arm in front of you.

Repeat the movement, alternating back and forth.



Cross Body Mountain Climbers

Primary muscle group(s):

Obliques

Secondary:

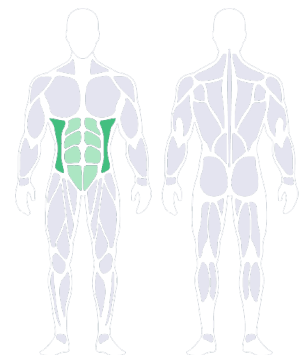
Abs

Assume a push-up position. Core is tight. Back is flat. Hands are underneath the shoulders. Head is in neutral position.

Bring one knee up towards your chest and twist towards the opposing elbow. (Ex: Right knee to left elbow.)

Contract the core and return the leg to the starting position.

Alternate between legs.



Side to Side Jump Squats

Primary muscle group(s):

Quadriceps

Secondary:

Calves, Hamstrings

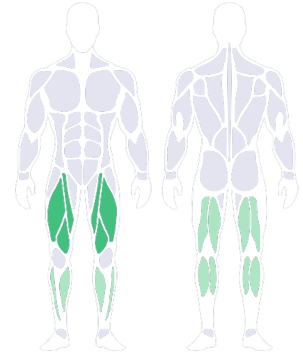
Place your feet shoulder-width apart. Bend at the knees while driving your hips back.

Keep your chest up and your core tight.

Remain in a squat stance as you forcefully push off the ground, jumping to the right side.

Check your form then repeat, jumping to the other side.

Keep alternating between sides.



Static Squat Hold

Primary muscle group(s):

Quadriceps

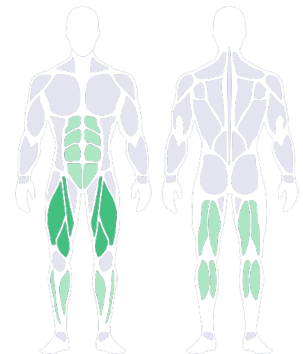
Secondary:

Abs, Calves, Hamstrings

Place your feet at shoulder-width or just outside of shoulder-width. Turn your toes out slightly. Brace your core and keep your chest up.

Swing your arms up to shoulder level as you slowly bend your knees and push your hips backward. Lower yourself until your thighs are parallel with the ground.

Pause and stay in this position for as long as you can. Return to the starting position by dropping your arms and push your hips forward.



Snap Jumps

Primary muscle group(s):

Abs, Glutes & Hip Flexors

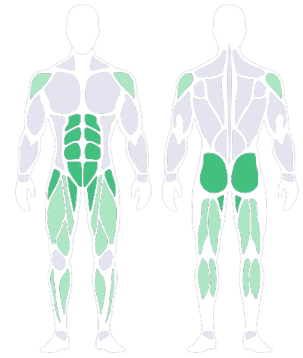
Secondary:

Calves, Hamstrings, Quadriceps, Shoulders

Lie face down on a padded surface. Place your hands beneath your shoulders and make sure your feet are extended straight behind you. Push yourself up into a classical Push-Up position. Keep your hips are slightly elevated. Tighten your core.

Keeping your gaze straight, push off the ground with your feet. Bending your knees, allow your feet to come up near your hands.

Immediately, push off the ground again with your feet, extending your legs straight behind you once again to the starting position.



Chair / Bench Tricep Dips

Primary muscle group(s):

Triceps

Secondary:

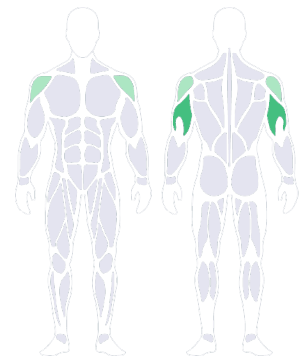
Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.

Lift up onto your hands and bring your hips forward.

Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.

Push back up but don't lock your elbows and repeat.



Explosive Jumping Alternating Lunges

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

Abs, Calves, Glutes & Hip Flexors

Stand straight with a tight core and your chest up.

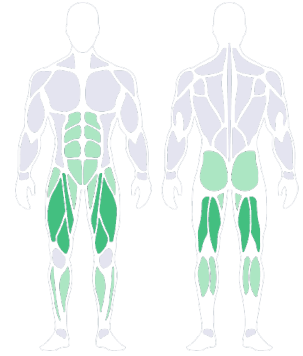
You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.

Your back knee should be slightly bent.

Place your hands on your hips. If you want a challenge, place them straight above the head.

Using all of your force, jump into the air. Simultaneously, switch your leg stance in midair.

Land in the lunge position and repeat.



Bodyweight Shoulder Presses

Primary muscle group(s):

Shoulders

Secondary:

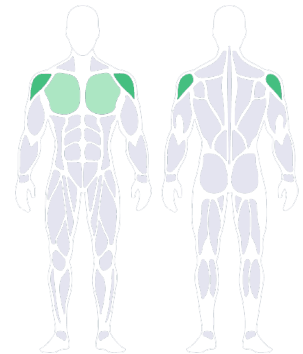
Chest

From a push-up position push your glutes upwards and walk your feet in so that you are in a downward-dog pose.

The shape of your body should look like a triangle from the side.

Lower your shoulders towards the ground by bending your elbows.

Allow your forehead to very lightly make contact with the ground before pushing upwards and away back into the starting position.



Butt Kicks

Primary muscle group(s):

Hamstrings, Quadriceps

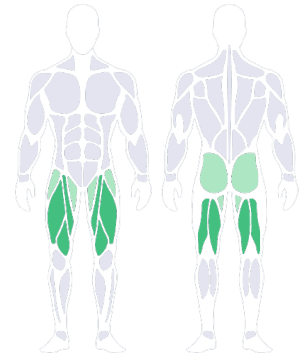
Secondary:

Glutes & Hip Flexors

Standing tall with a tight core and flat back, you will begin the dynamic stretching exercise as if you were running in place. Keep the knees slightly bent at all times. Start slowly and work up to a faster speed.

Bring your left foot back and all the way up to the glutes. Return your left foot to the ground and repeat on the other side.

Continue this back and forth motion, keeping your arms swinging in motion.



Incline Push-ups / Pushups

Primary muscle group(s):

Chest

Secondary:

Abs, Shoulders, Triceps

Set up a bench or stable elevated surface. Begin with both hands on the bench at shoulder-width or just outside of shoulder-width.

Place your feet straight behind you while you tighten your abs and engage the hips. Your hips should not dip or elevate too high during the movement.

Slowly lower yourself towards the bench. Once your upper arms are parallel with the floor, pause, and return to the starting position.

