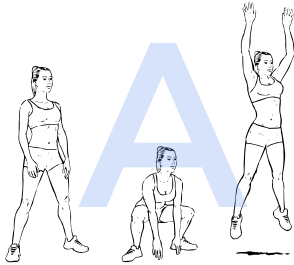


No Equipment Workout Plan Day 5

1 min · Abs, Arms, Back, Legs, Shoulders

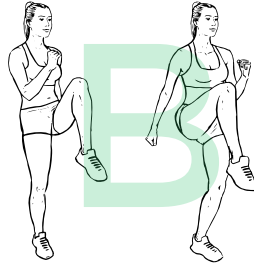
Each exercise is to be completed for 45 seconds with a 15 seconds rest. Complete A, B + C back to back. Then complete 4x. Time to complete: 30 minutes

Frog Jumps



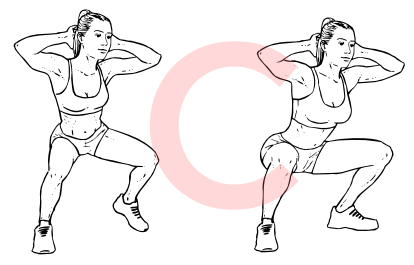
Superset A1 · complete for 45 seconds, rest for 15 seconds

High Knees



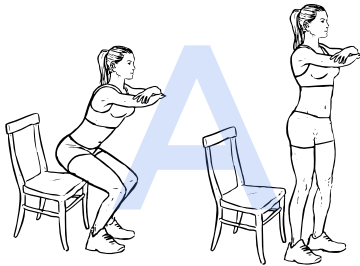
Superset B1 · complete for 45 seconds, rest for 15 seconds

Duck Walks



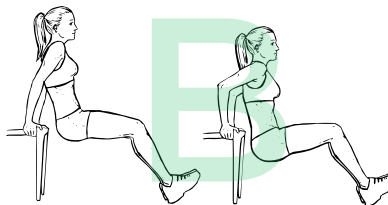
Superset C1 · complete for 45 seconds, rest for 15 seconds

Chair Squats



Superset A2 · complete for 45 seconds, rest for 15 seconds

Bench Tricep Dips



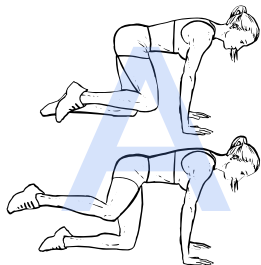
Superset B2 · complete for 45 seconds, rest for 15 seconds

Crab Walks



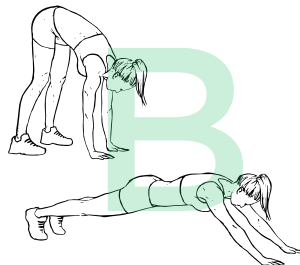
Superset C2 · complete for 45 seconds, rest for 15 seconds

Adductor Knee Raises



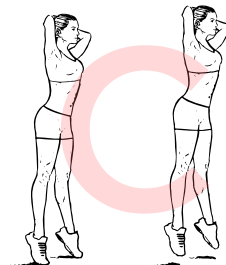
Superset A3 · complete for 45 seconds, rest for 15 seconds

Inchworms



Superset B3 · complete for 45 seconds, rest for 15 seconds

Jumping Calf Press



Superset C3 · complete for 45 seconds, rest for 15 seconds



Frog Jumps

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

Calves

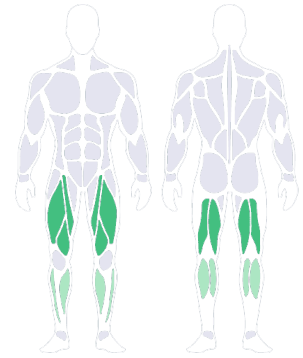
Standing straight up, bring your feet outside of shoulder width.

Squat down by bending at the knees and driving your hips back.

Keeping your chest up, forcefully push off the ground with the balls of your feet.

Land on the balls of your feet, remaining in the squatting position. Your legs will remain wide.

Repeat.



High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):

Abs

Secondary:

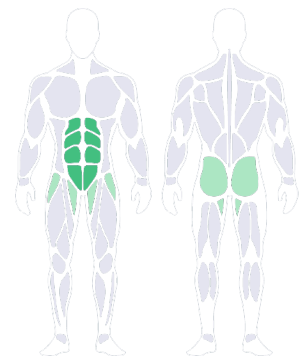
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!



Duck Walks / Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

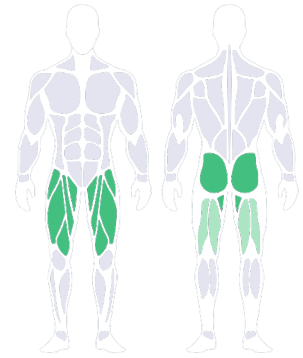
Hamstrings

Stand with your feet slightly wider than shoulder width apart. Bend your knees and bring yourself down into a squat until your thighs are parallel to the floor.

Keep your chest up, your eyes focused straight ahead, and your core engaged.

Take mini, duck-like steps forwards and backwards for the designated number of reps.

Quack quack.



Chair Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

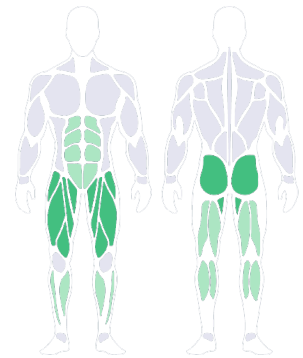
Secondary:

Abs, Calves, Hamstrings

Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes pointing forward.

Slowly descend by bending your knees and driving your hips back. Keep your chest and head up.

Touch the chair with your butt then slowly rise back to the starting position.



Chair / Bench Tricep Dips

Primary muscle group(s):

Triceps

Secondary:

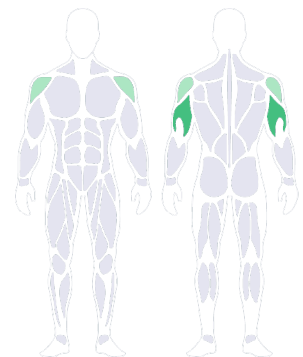
Shoulders

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.



Crab Walks

Primary muscle group(s):

Glutes & Hip Flexors, Shoulders

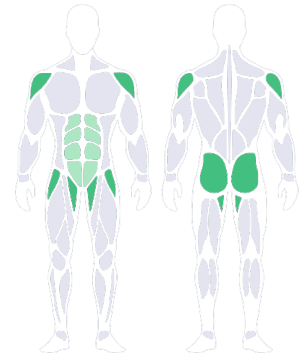
Secondary:

Abs

Sit on the ground with your knees bent, feet flat on the ground and your hands behind you. Your hands should be facing forward towards you.

Begin the movement by lifting your hips into the air and bracing your abdominals. Your hips must stay up throughout the movement. Walk forward by moving your right foot and right hand forward. Switch to the left side.

Continue this back and forth pattern while keeping your hips elevated. When finished, lower yourself to the ground.



Fire Hydrants / Abductor / Adductor Knee Raises

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

Position yourself on all fours on a mat with your palms flat and shoulder-width apart. Place your knees hip-width apart and bend them at a 90 degree angle.

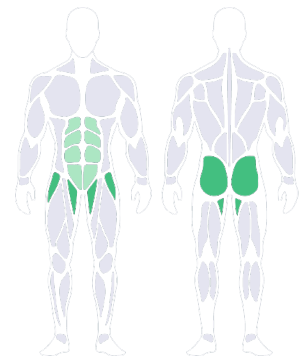
Try to relax your core so that your back and abs are in a natural position.

Maintain this posture as you raise your right knee and bring it as close to your chest as you can.

Now raise your right thigh out to the side, keeping the hips still.

Kick your raised leg straight back slowly until it is in line with your torso.

Reverse the movement to return to the starting position.



Inchworms / Walkouts

Primary muscle group(s):

Abs, Glutes & Hip Flexors, Lower Back

Secondary:

Biceps, Calves, Chest, Forearms, Shoulders

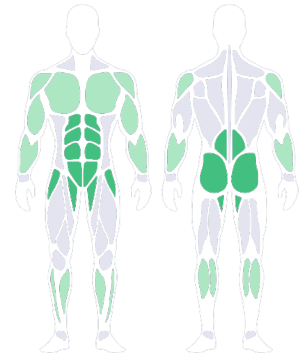
Stand tall with your legs extended straight.

Bend over from the hips and touch the floor with your palms flat on the floor.

Keep your legs straight as you walk your hands as far forward as you can. Don't let your hips sag.

Take small steps and walk your feet to your hands.

Continue for the desired amount of repetitions and then straighten up to the starting position.



Jumping Calf Presses / Raises

Primary muscle group(s):

Calves

Stand up straight with your hands at your sides.

Keep your back straight and your core tight.

Forcefully press off the ground with the balls of both feet.

Launch into the air and land softly on the balls of your feet.

Focus the tension in the calf muscles, NOT the quadriceps.

Repeat.

