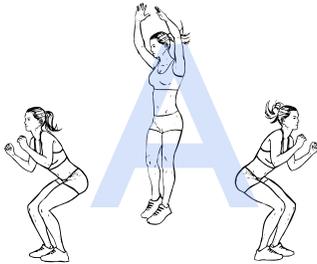


No Equipment Work Out Plan Day 2

1 min · Calves, Glutes, Abs, Back, Legs

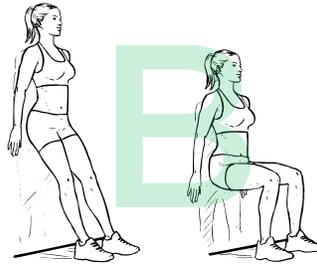
Each exercise is to be completed for 45 seconds with a 15 seconds rest. Complete A, B + C back tobacco. Then complete 4x (total 4 sets). Time to complete: 30 minutes

Twisting Jump Squats



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

Wall Sits



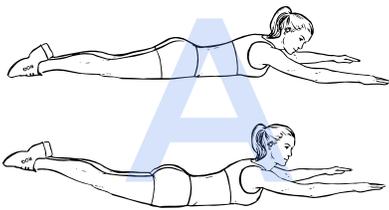
Superset B1 · complete for 45 seconds, rest for 15 seconds

Snap Jumps



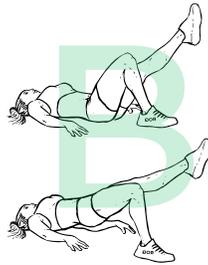
Superset C1 · complete for 45 seconds, rest for 15 seconds

Supermans



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

Single Leg Hip Raises



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

Surrenders



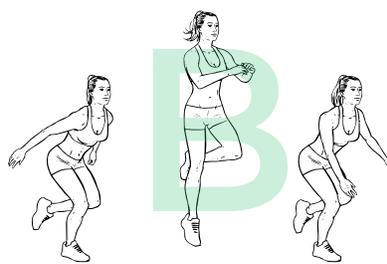
Superset C2 · complete for 45 seconds, rest for 15 seconds

Tuck Jumps



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

Single Leg Hops



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

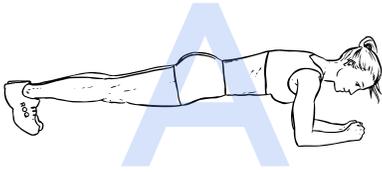
Standing Long Jumps



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



Plank



Superset A4 · complete for 45 seconds,
complete 3x



180 / Twisting Jump Squats

Primary muscle group(s):

Calves, Hamstrings, Quadriceps

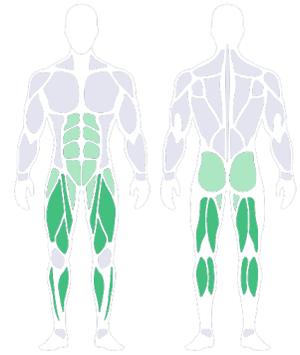
Secondary:

Abs, Glutes & Hip Flexors

Begin standing tall with a tight core. Your chest will be up and your gaze will be straight ahead. Bend at the knees and drive your hips back as you lower yourself into a squat position.

Launch yourself up while simultaneously twisting to the other side. Your body will perform a 180 degree turn in midair.

Land with bent knees and immediately go right into another jump squat, turning to the starting position. Repeat this alternating pattern.



Wall Sit / Squats / Chair

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings

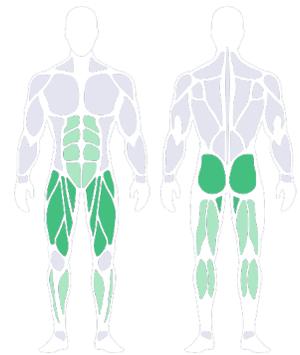
Stand tall against a wall with your head and back touching the wall.

Position your feet so that they are shoulder-width apart and a few inches away from the wall.

Rest your arms at your sides.

Bend your knees and lower into a squat position until your thighs are parallel to the floor and hold the position

Return to starting position by straightening your knees and standing tall again.



Snap Jumps

Primary muscle group(s):

Abs, Glutes & Hip Flexors

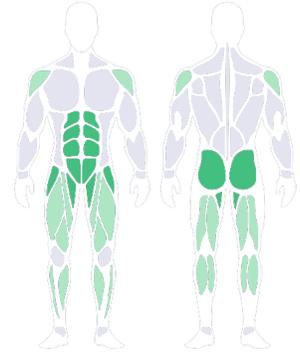
Secondary:

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.



Supermans / Extended Arms & Legs Lifts

Primary muscle group(s):

Lower Back

Secondary:

Abs

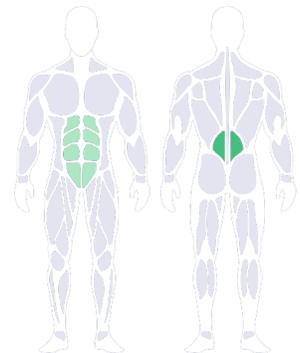
Lie face down on a mat, with your arms fully extended above your head and your legs fully extended behind you.

Lift your chest, arms and legs off the floor by arching your back. Only the tops of your quads and your lower abdomen should be in contact with the floor.

Hold for a count of 2 while squeezing your abdominals and obliques.

Return to the starting position for a count of one, then repeat.

i This exercise can be done using one arm and it's opposite leg at a time. For example, right arm and left leg raised while your left arm and right leg remain on the floor. This method of execution allows you to use the free hand to push down on the floor to lift your chest higher from the ground.



Single Leg Hip Raises / Glute Bridges / Hip Extensions with Leg Lift

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs, Hamstrings, Quadriceps

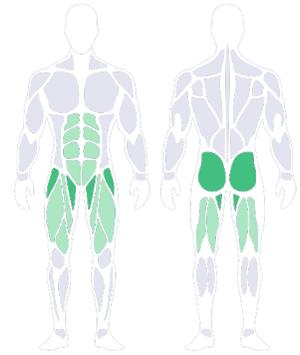
Lie on an exercise mat with your knees bent so that your feet are flat on the floor.

Raise one leg off the floor and bend your knee up towards your chest. This is the start position.

Perform the exercise by pushing down through your other heel and pushing your hips up, raising your glutes off the mat. Continue until your hips are in a straight line with your torso. Hold for a count of one.

Return to the start position by lowering your hip to the floor.

Complete all the repetitions for one set before changing legs.



Surrenders

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

Secondary:

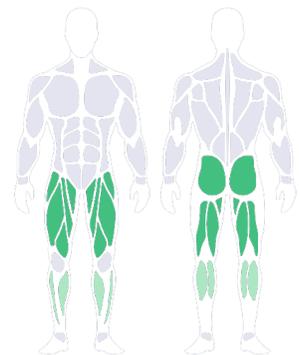
Calves

Standing on something soft, such as an exercise mat, place both hands behind your head and gently bring your right knee down to the ground.

Follow with your left knee so that you are kneeling on the mat, with your hands behind your head and your back nice and straight.

Lift your right knee up placing your right foot in front of you. Bring your left foot forward and drive upward through your right heel to bring you back to starting position.

Repeat the same movement, but leading with your left leg.



Tuck Jumps

Primary muscle group(s):

Hamstrings, Quadriceps

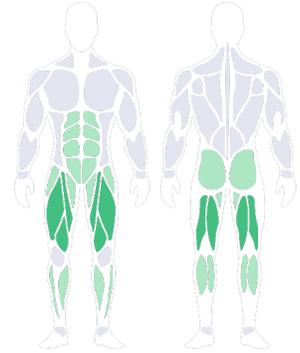
Secondary:

Abs, Calves, Glutes & Hip Flexors

Place your feet at shoulder-width with your toes pointed slightly out. Brace your core and keep your chest up.

Bend first at the knees then at the hips. Lower yourself slightly to pre-engage the hamstring muscles. Now launch yourself up into the air.

At the same time, bring your knees up towards your chest in midair. Land on both feet with slightly bent knees. Move right into your next jump.



Single Leg Hops / Jumps

Primary muscle group(s):

Calves, Glutes & Hip Flexors

Secondary:

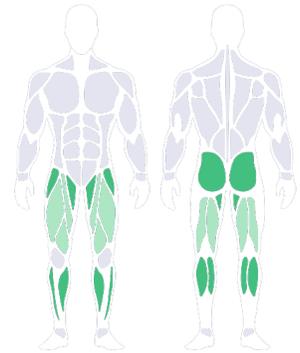
Hamstrings, Quadriceps

Stand with your feet at shoulder width apart and lift your left leg off the floor, pointing it behind you.

Bent your right knee slightly and then push through the floor explosively to allow your body to hop from the ground.

As you land, be sure to cushion the impact by once again bending your right knee.

Repeat for the designated number of reps before changing sides.



Standing Long Jumps

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

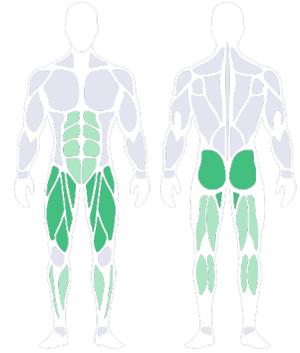
Secondary:

Abs, Calves, Hamstrings

Begin by standing tall with a straight back and tight core. Slightly bend the knees and push the hips back. Bring the hands up and keep the chest up. Feet should be shoulder-width apart.

Jump and launch yourself forward. Swing your arms back and use the momentum.

Land in a squat position. Knees are bent and hips are back. Return to starting position and repeat.



Plank

Primary muscle group(s):

Abs

Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.

Extend your legs straight out behind you, supporting them on your toes and balls of your feet.

Keep your body in a straight line by tightening your abdominal and oblique muscles.

Hold for as long as possible.

 For extra balance training and core strengthening, you can lift one arm or leg.

