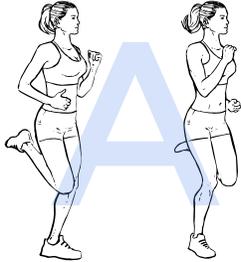


No Equipment Workout Plan Day 1

1 min · Abs, Arms, Legs, Shoulders

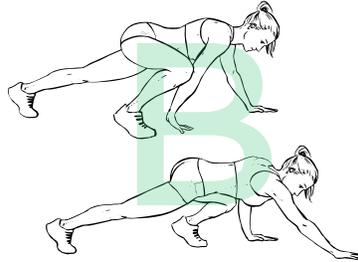
Each exercise is to be completed for 45 seconds with a 15 second rest. Complete A, B + C back to back. Then complete 4x (total 4 sets) Time to Complete: 30 minutes

Butt Kicks



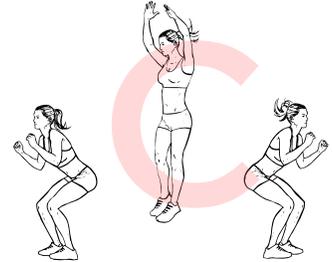
Superset A1 · complete for 45 seconds, rest for 15 seconds

Bear Crawls



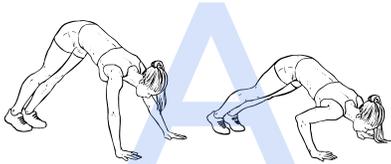
Superset B1 · complete for 45 seconds, rest for 15 seconds

Twisting Jump Squats



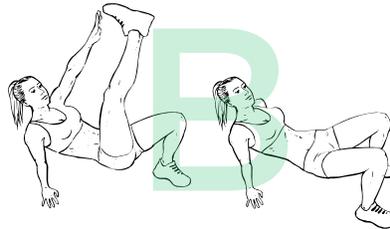
Superset C1 · complete this exercise for 45 seconds, rest for 15 seconds.

Bodyweight Shoulder Presses



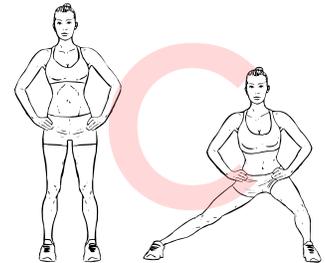
Superset A2 · complete for 45 seconds, rest for 15 seconds

Crab Toe Touches



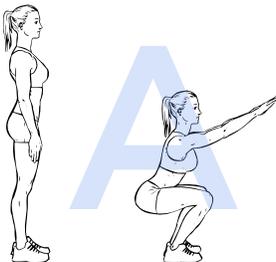
Superset B2 · complete for 45 seconds, rest for 15 seconds

Lateral Lunges



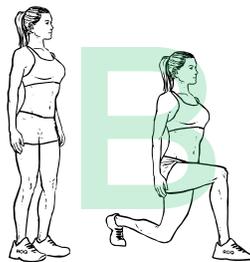
Superset C2 · complete for 45 seconds, rest for 15 seconds

Air Squats



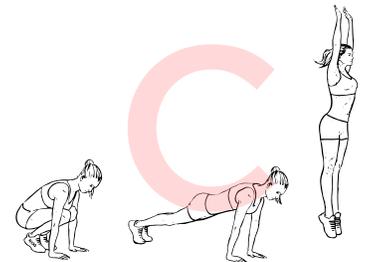
Superset A3 · complete for 45 seconds, rest for 15 seconds

Alternating Bodyweight Lunges



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

Burpees



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



Incline Push-ups



Superset A4 · Complete 10 push ups 3x



Butt Kicks

Primary muscle group(s):

Hamstrings, Quadriceps

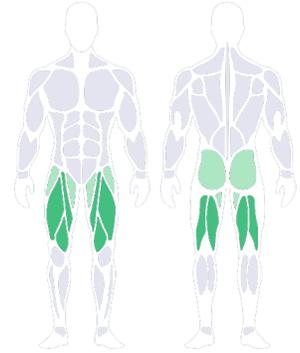
Secondary:

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.



Bear Crawls

Primary muscle group(s):

Abs, Shoulders

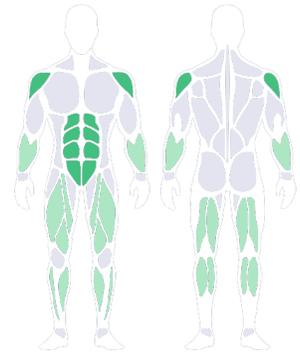
Secondary:

Calves, Forearms, Hamstrings, Quadriceps

Come to the ground, placing your knees below your hips and your hands below your shoulders. Elevate your hips up, extending your legs and arms. Keep the head in a neutral position.

Move the right hand forward as you simultaneously move the left foot forward. Afterwards, move the left hand and right foot forward.

Continue in this back and forth pattern, always moving the opposite hand and foot. Remember to brace the core throughout the movement.



180 / Twisting Jump Squats

Primary muscle group(s):

Calves, Hamstrings, Quadriceps

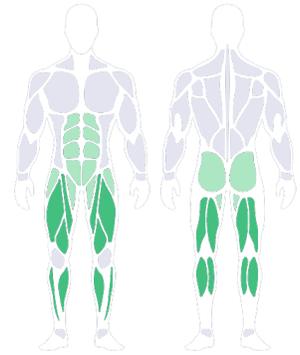
Secondary:

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.



Bodyweight Shoulder Presses

Primary muscle group(s):

Shoulders

Secondary:

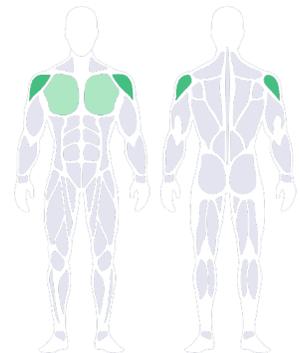
Chest

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.



Crab Toe Touches

Primary muscle group(s):

Hamstrings, Lower Back, Quadriceps, Shoulders, Upper Back & Lower Traps

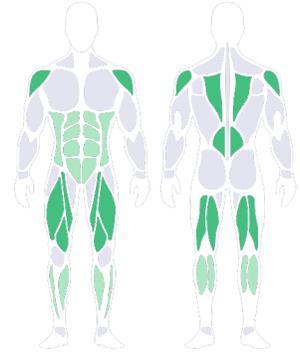
Secondary:

Abs, Calves, Obliques

Sit on the floor with your feet in front of you and hands behind you. Your fingers can be pointed towards the side or behind you. With your feet on the floor, lift your hips skyward. Pause when your body is parallel with the floor.

Focusing on contracting the core first, bring your right hand up while simultaneously lifting your left leg up. Touch your right hand to your left toes.

Slowly return to the elevated position and switch sides. Bring your left hand to your right toes. Keep alternating back and forth.



Bodyweight Side Steps / Lateral Lunges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

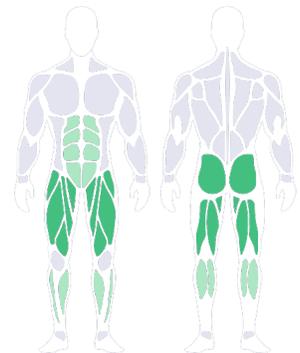
Secondary:

Abs, Calves

Stand tall with a tight core and make sure your feet are shoulder-width apart. Bring your hands together for balance.

Step directly to the left, leaving your right foot in place. Bend the left knee and pause once the upper left thigh is parallel to the ground. Your right leg should be completely straight.

Contract the hamstring muscle then push off the ground to return to the starting position. Repeat on the right side. Alternate this movement.



Air Squats

Primary muscle group(s):

Quadriceps

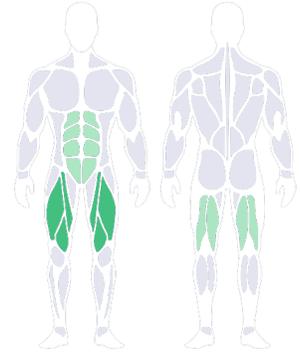
Secondary:

Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



Alternating Bodyweight Lunges

Primary muscle group(s):

Quadriceps

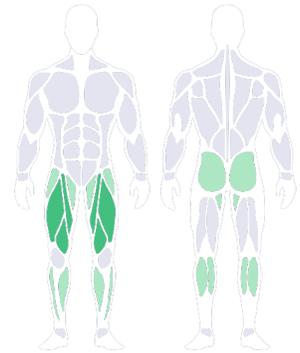
Secondary:

Calves, Glutes & Hip Flexors

Stand straight - that's the starting position. Step forward with your left leg and slowly lower your body until your front knee is bent at least 90 degrees, while your rear knee is just off the floor. Keep your torso upright the entire time. Look forward.

Pause, then push off your left foot off the floor and return to the starting position as quickly as you can.

On your next rep, step forward with your right leg. Continue to alternate back and forth—doing one rep with your left, then one rep with your right.



Burpees / Squat Thrusts

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Chest, Shoulders

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

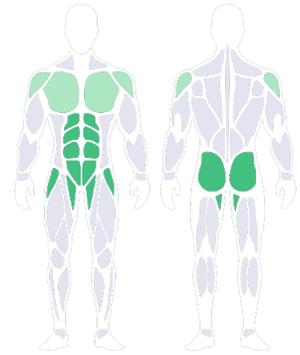
Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position.

Repeat.



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.

