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# NO GYM NEEDED

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Quick & Simple Workouts for Busy Guys  
Get a 'Fit' Body in 30 MINUTES OR LESS

**ACTION GUIDE**  
**LISE CARTWRIGHT**

Foreword by Jérémy Bambini - [SimpleToFit.fr](http://SimpleToFit.fr)

# DON'T FORGET TO DOWNLOAD THE “NO GYM NEEDED” SPECIAL VIDEO LESSONS!

## READ THIS FIRST

Just to say thank you for downloading the Action Guide, I'd love to give you the special video lessons from “No Gym Needed” **100% FREE.**

Just click the link below to download the video lessons, if you haven't already.

[Click Here To Download](#)

# WELCOME TO THE NO GYM NEEDED ACTION GUIDE!

You're here because you want to fast-track your way to getting the 'fit' body you want. I've put together this comprehensive, complimentary guide just for you so that you have a document to use along-side the "No Gym Needed" book, so you can track your own progress and find the exercises and workouts you need without having to thumb your way through the entire book.

When's the last time you went to the gym or exercised? And when's the last time you actually enjoyed exercise or had the time to fit it into your hectic schedule?

Excuses, schedules and general life can stop you from staying fit and healthy. They stop you from losing weight, they stop you from maintaining your ideal weight and they stop you from fitting in time to exercise or change your lifestyle. Is it any wonder you're not feeling 100% happy with your weight and your body?

Picture this: It's the beginning of the week, you've got your schedule all sorted and have set time aside to workout 3-4 times during that week. You're not a morning person, so after a normal workday is the best time to do your exercise, but when you get home from work late three days in a row, you're in no mood to exercise. Who wants to head to the gym and deal with all the gym bunnies and body-obsessed jocks when all you really want to do is take a shower, watch the latest episode of your favourite show and eat some yummy comfort food.

Does this scenario sound familiar to you?

Or maybe, this is more you: You work from home and think you're pretty set when it comes to work/life balance. You work when you want to and meet with friends for lunch or take trips away when you want. You aim to exercise 4 times per week, and prefer to get it out of the way in the mornings. Yet you find yourself still sitting at your desk come 12pm, wondering where the morning went. By this time, the rest of your day is planned out and exercise is the last thing on your mind. Do this two or three days in a row and another week has gone by where your exercise routine has fallen by the wayside...

Whatever your situation is, we're all guilty of pushing aside exercise and healthy eating for things we consider more important, like work, client meetings or watching TV. We tell ourselves that tomorrow we'll start our exercise program or healthy lifestyle... **only to repeat the same actions week in and week out.**

As a full-time freelancer, entrepreneur, and previous 9-5er, I've mastered the art of choosing to look after myself and fitting exercise into my days, without owning a gym membership or any special types of equipment. I've read and tested hundreds of different weight loss workouts and healthy lifestyle options to achieve a body and lifestyle I'm happy with.

Since I know you lack time (and perhaps the inclination) to do all of this research and testing, I've compiled the best weight loss and ideal weight maintenance workouts and created unique weekly and monthly programs for you. You'll find them all here in this book; ready to help you achieve a fit and healthy body.

I've spent the last two years working full-time as a freelancer and during this time, I have tested hundreds of ideas, tips, hacks and routines around weight loss and maintaining weight loss. This has allowed me to learn, through trial and error, about ways I can maintain a healthy lifestyle without having to join a gym or spend hours exercising for little to no change.

In the words of Aristotle, "We are what we repeatedly do". Amen!

The **No Gym Needed Action Guide** provides you with clear and actionable steps to get the body you want. All you have to do is rinse and repeat.

Not only that, but if you stick to the ideas and routines laid out in the book, follow this action guide, and complete the 14-Day challenge, you'll create new habits and see a change in how you approach your day, leading to a healthier lifestyle and 'fit' body to boot. Win:Win right?!

Before you jump straight in, I'd like to share something with you that should be kept in mind while reading the book and this action guide. By following this one piece of advice, you put yourself in the top 10% of successful people.

**People who follow this advice, successfully achieve their weight loss and lifestyle goals faster, while 90% of unsuccessful people choose to ignore it.**

Failure to follow this one idea leads to unhealthy lifestyle habits and weight gain, rather than weight loss.

Are you ready for it? Here it is...

## **Learn, Then Do.**

If you want to be successful at anything in life, you have to take action. But where successful people excel over unsuccessful people is that they understand the art of learning then doing, and applying this learning quickly.

Guys who lose weight and maintain their weight loss do so because of consistent habits. They learn quickly and then implement what works immediately. How many times have you looked at yourself in the mirror and wished you could be thinner, healthier, more muscular, but never took the steps to do something about it?

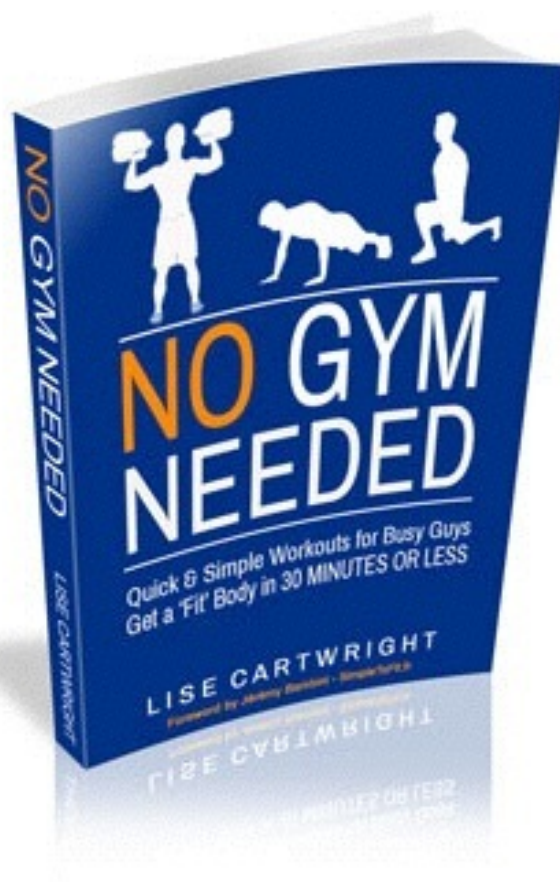
Don't be the guy who wishes they could change the way they look, but doesn't do anything to make the necessary changes. Be the kind of person

that other people want to be. Be the kind of person other people see and say, "I don't know how they fit in the time to LOOK that good!" Be the kind of person who implements what they learn, who takes action and does so quickly.

The only people who shouldn't continue reading the book or this action guide are those that have the body and lifestyle they want. For the rest of us, there's always room to grow and change and if you're not happy with your body or lifestyle, then this book is just for you.

The ideas, routines and lifestyle hacks you're about to read have been **proven to create body-changing and long-lasting results**. All you have to do to achieve the body you want is to keep reading.

Take control of your time right now; make it work for you and create a body you love.



**[Buy Now!](#)**

This guide you're currently reading has been designed to stand alone from "No Gym Needed", but if you really want to get the body you want in the quickest time possible, reading the full book is highly encouraged.

I believe you know what is best for you, so if you'd like to check out this guide first, then by all means, read on.

If you'd like to first read ***"No Gym Needed: Quick and Simple Workouts for Busy Guys. Get a 'Fit' Body in 30 Minutes or Less"***, you can purchase the Kindle or hard copy version by simply clicking on the button above.

# YOUR 14-DAY CHALLENGE!

## Developing the Habit

Without habit, you won't exercise, you won't lose weight and you'll just feel crap. Your body will start to sag and you'll get slow and old feeling. No beating around the bush here!

Don't wanna feel that way at your current age? Then you need to be consistent with your exercise.

I get it, I understand, really I do. I hate exercising, even just for the 30 minutes a day that I recommend in the book. It doesn't matter what I do, I'm just not a big fan of exercise, so it's something I have to force myself to do. What I've found that works for me, however is that once I've created the habit, it's part of my routine and I just do it, without thinking. Plus 30 minutes is not so hard for me to push myself to do.

This is why it's important to schedule in your exercise into your calendar. Set reminders on your phone, do whatever it takes to develop the habit of exercising. You want this to stick otherwise you can say goodbye to any hopes of achieving the body you want.

## 14-Day Challenge

If you want to kick start your habit and your fitness, I find that using a 14-day challenge works really well. At least it did for me. It can be difficult to figure out where to start, particularly if you haven't been exercising for a while, which is why using something like a 14-day challenge is ideal. You don't have to think about it, you just have to follow it!

The 14-day challenge references exercises included in the Weight Loss section - HITT Workouts. You'll find these in the "Workouts List" section of this Action guide.



## 14-Day Challenge

Day 1:  
Cardio x 10 mins  
+ Leg Workout

Day 3:  
Cardio x 5 mins  
+ Core Workout

Day 5:  
Cardio x 5 mins  
+ Leg Workout

Day 7:  
Cardio x 10 mins +  
Core Workout

Day 9:  
Cardio x 10 mins +  
Leg Workout

Day 11:  
Cardio x 5 mins +  
Core Workout

Day 13:  
Cardio x 5 mins +  
Leg Workout

Day 2:  
REST DAY

Day 4:  
Cardio x 10 mins  
+ Arm Workout

Day 6:  
REST DAY

Day 8:  
Cardio x 5 mins  
+ Arm Workout

Day 10:  
REST DAY

Day 12:  
Cardio x 10 mins +  
Arm Workout

Day 14:  
REST DAY

No Gym Workouts Guide by Lise Cartwright

## **Cardio Options:**

### **1. 5-Minute Cardio 1:**

1 minute jumping jacks  
1 minute high knees  
1 minute jog in place  
1 minute mountain climbers  
1 minute jumping jacks

### **2. 5-Minute Cardio 2:**

1 minute jumping jacks  
2 minute jog in place  
1 minute jumping jacks  
1 minute high kneads

## **Leg, Arm, & Core Workout Options:**

### **1. Leg Workouts**

10 x high knees, 20 x deep squats & 25 x calf raises (increase by 2 reps each day)

or

10 x butt kicks, 20 x calf raises & 25 x lunges each leg (increase by 2 reps each day)

### **2. Arm Workouts**

10 x push-ups, 20 x seated dips & 25 x shoulder tap in plank (increase by 2 reps each day)

or

10 x seated dips, 20 x wide arm push-ups & 25 x front punches each arm - alternate (increase by 2 reps each day)

### **3. Core Workouts**

10 sec side plank (both sides), 20 Russian twists & 25 leg raises (increase by 2 reps each day)

or

10 x side bends (each side), 20 second plank & 25 Russian twists (increase by 2 reps each day)

# Bonus Kettle Bell Challenge

This workout combines only two kettle bell movements: The swing and the goblet squat.

All you need is one kettle bell (16 kg for beginners – 24 kg for advanced) - alternatively, if you want, you use a household item instead, such as a heavy book or heavy bag of potatoes, as above.

This workout is particularly intense and will take away your breath, so make sure you warm up beforehand. A quick 5 minute jog in place would be sufficient.

Before we get into the workout, below you'll find some best practices around how to complete each move correctly.

## **The Swing:**

- The swing is not a squat: it's a hip hinge, like a deadlift
- Arms work on the negative part of movement (when the kettle bell goes down)
- When going down, the kettle bell must pass between the thighs but remain above the knees
- The strength comes from the hinge (your hips), not from the arms
- The strength is thrust forward, not above your head: the kettle bell should not go above your line of sight, i.e. shoulder height
- Do not shrug your shoulders during the move

## **Goblet Squat:**

- Your feet should be shoulder width apart
- Go down by pushing the knees apart (like a normal wide squat)
- The elbows pass between the knees when going down
- Go as low down as possible without pain
- Heels never get off the ground
- Do not shrug your shoulders during the move

## Goblet & Swing Kettle Bells

Here is how you combine these two movements. Keep the kettle bell in your hands during the entire drill without placing it down.

### Movement Group 1

1 swing, 1 goblet squat, breathe  
2 swing, 2 goblet squat, breathe  
3 swing, 3 goblet squat, breathe  
4 swing, 4 goblet squat, breathe  
5 swing, 5 goblet squat, breathe  
6 swing, 6 goblet squat, breathe  
7 swing, 7 goblet squat, breathe  
8 swing, 8 goblet squat, breathe  
9 swing, 9 goblet squat, breathe  
10 swing, 10 goblet squat, breathe

1 minute rest

### Movement Group 2

10 swing, 10 goblet squat, breathe  
9 swing, 9 goblet squat, breathe  
8 swing, 8 goblet squat, breathe  
7 swing, 7 goblet squat, breathe  
6 swing, 6 goblet squat, breathe  
5 swing, 5 goblet squat, breathe  
4 swing, 4 goblet squat, breathe  
3 swing, 3 goblet squat, breathe  
2 swing, 2 goblet squat, breathe  
1 swing, 1 goblet squat, breathe

No Gym Workouts - by Lise Cartwright

Repeat both groups twice for an ever harder workout. That's all. Simple, right?

# Workouts

## Workout 1 - All over cardio

### START WORKOUT:

:40 seconds mountain climbers

5 burpees

30 jumping jacks

:40 seconds jump rope

5 jump squats\*

:40 second march\*

:20 seconds high knees

:20 seconds butt kickers

:30 second water break

40 jumping jacks

:50 seconds jump rope

5 burpees

:45 second run in place

:30 second water break

30 jumping jacks

10 jump squats\*

5 burpees

:30 seconds jump rope

5 squats\*

:30 second water break

20 jumping jacks

:25 seconds high ones

5 squats\*

5 burpees

:30 second march\*

# Workout 2 - HIT it

## START WORKOUT:

- :30 seconds side lunges\*
  - :60 seconds jumping jacks
  - :30 seconds squats\*
  - :60 seconds job in place
  - :30 seconds burpees
  - :60 seconds jump rope
  - :30 seconds lunges\*
  - :60 seconds butt kickers
  - :30 seconds mountain climbers
  - :60 seconds march in place\*
  - :30 seconds speed skaters
  - :60 seconds jumping jacks
  - :30 seconds side lunges\*
  - :30 seconds push ups
  - :30 second water break
- Repeat 2 times.



# Workout 3 - HIT Legs

## START WORKOUT:

:60 seconds jump rope

2 minutes walking lunges\*

:60 seconds jump rope

2 minutes pushups

:60 seconds jump rope

2 minutes deep squats\*

:60 seconds jump rope

2 minutes crunches\*

:30 seconds water break

Repeat 2-3 times.

# Workout 4 - Hardcore cardio

## START WORKOUT:

:50 seconds jumping jacks  
:15 second rest/water break  
:50 seconds jumping jacks  
:15 second rest  
:50 seconds butt kicks  
:15 second rest  
:50 seconds butt kicks  
:15 second rest/water break  
:50 seconds plie squats\*  
:15 second rest  
:50 seconds plie squats\*  
:15 second rest  
:50 seconds punches  
:15 second rest/water break  
:50 seconds punches  
:15 second rest  
:50 seconds reverse crunches\*  
:15 second rest  
:50 seconds reverse crunches\*  
:15 second rest/water break  
:50 seconds jumping jacks

# Workout 5 - Core Workout

## START WORKOUT:

:30 seconds spiderman plank crunch

:10 second rest

:30 seconds squat jump\*

:10 second rest

:30 seconds side plank crunch (right)

:10 second rest

:30 seconds side plank crunch (left)

:10 second rest

:30 seconds mountain climbers

:10 second rest

:30 seconds down dog to plank

:10 second rest

:30 seconds side to side hop\*

:10 second rest

:30 seconds wood chop (right)

:10 second rest

:30 seconds wood chop (left)

:10 second rest

:30 seconds jog in place\*

:60 seconds rest between each set

Repeat 2 times

## Track and Measure

When it comes to tracking and measuring, the easiest way to do this is to use an app to hold all your details or download my [Google docs spread sheet](#) so that you can track and measure your progress and use the chart function to make comparisons. I'm a visual person, so I need to see things laid out in this way. If this doesn't work for you, stick with the apps below instead.

Here are some of the apps you can use to track and measure your progress:

Here are some of the apps you can use to track and measure your progress:

1. **[Simplenote App](#)** - if you want to “write” your details down, this is a simplistic app that takes away all the fuss. I use this app to jot down what I did during my exercise session rather than taking down my measurements.
2. **[Tracker - Fitness and Nutrition Tracking](#)** - this app is great to not only track your workouts and weight/body fat, but you can also track your nutrition, which is great if you're struggling to stay on top of the food you're eating.
3. **[Weight Loss Tracker](#)** - this will purely track your weight and body fat, based on the information you provide it. It's a nice, simple app for anyone that is looking to just track their weight loss or keep an eye on their weight for maintenance purposes. [iPhone](#) and [Android](#) compatible.
4. **[Fitlist - Workout & Fitness Tracker](#)** - this is my favourite. You can enter in your own workouts and track your progress over time. This is what I'm currently using in conjunction with my spreadsheet. [iPhone](#) and [Android](#) compatible.

I can't reiterate enough how important it is to keep track of your weight loss/maintenance progress. Tracking and measuring are important to how successful your weight loss will be and it will also drive your maintenance program. If you struggle with doing something like this, then definitely use one of the suggested apps, preferably **Fitlist**.

Honestly, if I wasn't tracking my weight, then I wouldn't be able to tell my progress and I also wouldn't be able to monitor and make sure I am maintaining it.

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You've made it this far due to your desire to fit exercise into your schedule, build more healthy habits, and to get the 'fit' body you deserve (and want). Now that you've been given the knowledge you need by reading through this action guide, it's time to go out there and implement everything I've told you! As I said in the beginning of this book, if you don't take action on the things you've just learned, none of the things I've taught will make a difference.

What does "taking action" look like? It means taking on the 14-Day challenge and seeing it through to the end. It means picking a workout or routine and fitting it into your schedule; it means having faith in YOU.

Thank you for pursuing a healthier lifestyle and the body you want! It's one of the best decisions you'll ever make. I'm a strong believer in personal development, and this is exactly what you are pursuing by reading No Gym Needed, and working through the action guide.

The fact that you've made it to the end of this guide means you have the desire to succeed and go after what you want - you're already ahead of 95% of most people. I'd love to hear about your success from the 14-Day challenge & help in any way I can. For questions or success stories, email me at [lise@outsourcedfreelancingsuccess.com](mailto:lise@outsourcedfreelancingsuccess.com).

Lastly, I'd like to ask that you pass along what you've learned. Share what you've learned with others and help them achieve the body they want and deserve. And, if you'd like to dive more into the hacks and routines covered in this book, check out the full version of **No Gym Needed: Quick & Simple Workouts for Buys Guys. Get a 'Fit' Body in 30 Minutes or Less.**