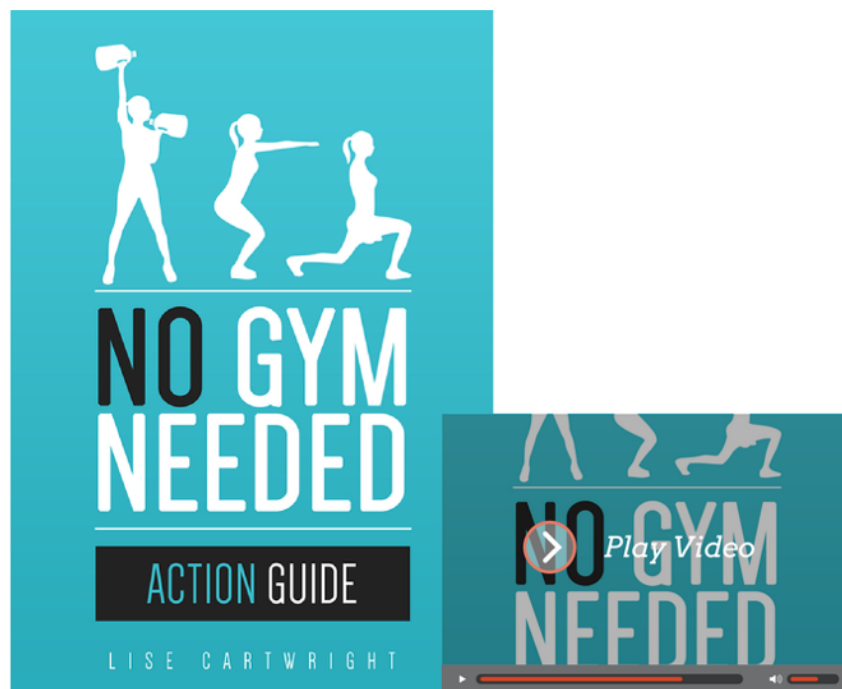


NO GYM NEEDED

ACTION GUIDE

L I S E C A R T W R I G H T

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WELCOME TO THE NO GYM NEEDED ACTION GUIDE!

You're here because you want to fast-track your way to the 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 that 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.

As you read on, you'll learn how I went from struggling to get 1-2 days a week of exercise in and 10 kgs (22 pounds) overweight, to reaching my ideal weight, exercising 5 times per week without setting foot anywhere near a gym or exercising for longer than 30 minutes at a time.

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 hot 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.

Women 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

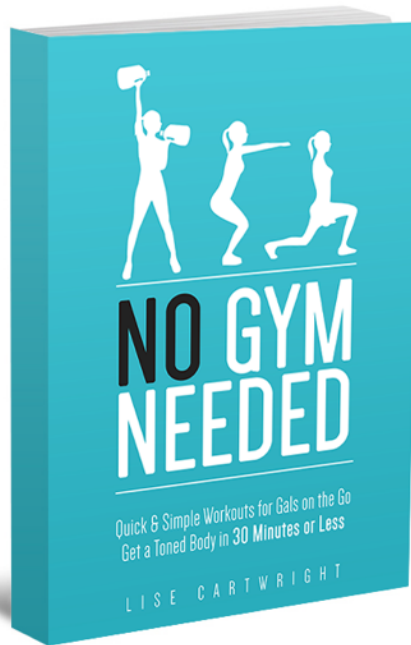
and wished you could be thinner, healthier, more toned, but never took the steps to do something about it?

Don't be the person 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 this book and 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 toned 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.



Order 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 Gals on the Go. Get a Toned 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 - HIT and Total Body 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 + 5 mins Cardio

Day 3: Cardio x 15 mins + Core Workout + 5 mins Cardio

Day 5: Cardio x 20 mins + Butt Workout

Day 7: Cardio x 20 mins + Arm Workout

Day 9: Cardio x 20 mins + Core Workout

Day 11: Cardio x 20 mins + Leg Workout

Day 13: Cardio x 20 mins + Arm Workout

Day 2: REST DAY

Day 4: REST DAY

Day 6: REST DAY

Day 8: REST DAY

Day 10: REST DAY

Day 12: REST DAY

Day 14: REST DAY

No Gym Workouts Guide by Lise Cartwright

Cardio Options:

1. One-Room Cardio 15-Minute Workout (by backonpointe.tumblr.com) - start on the left-hand side reading downwards:

20 jumping jacks	30 jumping jacks
:30 sec high knees	:40 sec jump rope
:30 sec butt kickers	5 burpees
5 jump squats	:20 sec jog in place
10 front kicks	:15 sec run in place
:30 sec mountain climbers	:30 sec water break
:30 sec water break	20 jumping jacks
5 burpees	10 lateral jumps
20 jumping jacks	5 jump squats
:30 sec jump rope	:30 sec jump rope
5 split jump squats	5 tuck jumps
10 front kicks	:30 sec water break
:30 sec march	20 jumping jacks
:15 sec high knees	:25 sec high knees
:15 sec butt kickers	5 squats
:30 sec water break	:40 sec march (finish)

2. 20-Minute High Intensity Workout (by backonpointe.tumblr.com) - repeat twice:

1 min jumping jacks
:30 sec side lunges
:30 sec squats
1 min jog in place
:30 sec burpees
:30 sec lunges
1 min jump rope
:30 sec mountain climbers
:30 speed skaters
1 min butt kickers

:30 sec lunge kicks
:30 sec squats
1 min march in place
:30 sec side lunges
:30 sec push-ups

Leg, Arm, Core & Butt 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)

4. Butt Workouts

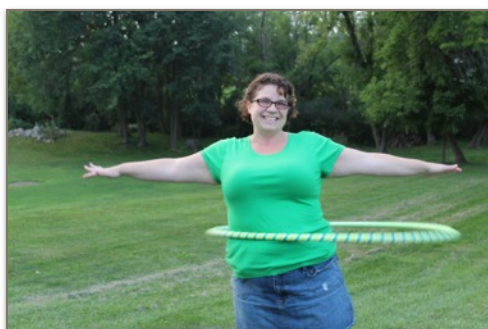
10 x mountain climbers, 20 x lunges (each leg) & 25 squats (increase by 2 reps each day)

or

10 x burpees, 20 x pile squats & 25 x walking lunges each leg (increase by 2 reps each day)

Missy Cooke's Hula Hoop 14-Day Challenge:

This challenge focuses on [off-body hooping](#), and will help tone and strengthen your arms and shoulders. Before you begin, you may want to take measurements or pictures of your body so that you can see how you change over these next 14 days.



Week 1:

Day 1 - 24 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a “flow” or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, arms, and back

6 Minutes: Pump It Up

- Begin inward vertical hand hooping with your right hand
- After 3 minutes, begin inward vertical hand hooping with your left hand
- Practice spinning at slow, medium, and fast paces with both hands
- Practice spinning in different positions (arms raised above you, arms lowered, arms straight)

3 Minutes: Flow

- Practice flowing with the hoop - combine any tricks you know into a smooth hoop dance
- Focus for this flow should be on inward vertical hand hooping

2 Minutes: Cool Down

- Relax your flow, slowing to half speed
- Focus on breathing steadily and slowing your heart rate

3 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 2 - 24 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a “flow” or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, arms, and back

6 Minutes: Pump It Up

- Begin outward vertical hand hooping with your right hand
- After 3 minutes, begin outward vertical hand hooping with your left hand
- Practice spinning at slow, medium, and fast paces with both hands
- Practice spinning in different positions (arms raised above you, arms lowered, arms straight)

3 Minutes: Flow

- Practice flowing with the hoop - combine any tricks you know into a smooth hoop dance
- Focus for this flow should be on outward vertical hand hooping

2 Minutes: Cool Down

- Relax your flow, slowing to half speed
- Focus on breathing steadily and slowing your heart rate

3 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 3 - 24 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a “flow” or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, arms, and back

6 Minutes: Pump It Up

- Begin inward vertical hand hooping with your right hand
- While your hoop is still moving, turn your feet to the left so that you are now hooping on the right side of your body while the hoop spins forward ([forward side hooping](#))
- After 3 minutes, begin inward vertical hand hooping with your left hand
- While your hoop is still moving, turn your feet to the right so that you are now hooping on the right side of your body
- Practice spinning at slow, medium, and fast paces with both hands

- Practice spinning in different positions (arms raised above you, arms lowered, arms straight)
3 Minutes: Flow
- Practice flowing with the hoop - combine any tricks you know into a smooth hoop dance
- Focus for this flow should be on forward side hooping
2 Minutes: Cool Down
- Relax your flow, slowing to half speed
- Focus on breathing steadily and slowing your heart rate
3 Minutes: Stretch
- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 4 - 24 Minutes

- *5 Minutes: Warm-Up*
- Start with a slow hoop warm-up - practice any tricks you know at half pace in a “flow” or dance
5 Minutes: Stretch
- Thoroughly stretch your neck, shoulders, waist, arms, and back
6 Minutes: Pump It Up
- Begin outward vertical hand hooping with your left hand
- While your hoop is still moving, turn your feet to the right so that you are now hooping on the left side of your body while the hoop spins backward (backward side hooping)
- After 3 minutes, begin outward vertical hand hooping with your left hand
- While your hoop is still moving, turn your feet to the left so that you are now hooping on the right side of your body
- Practice spinning at slow, medium, and fast paces with both hands
- Practice spinning in different positions (arms raised above you, arms lowered, arms straight)
3 Minutes: Flow
- Practice flowing with the hoop - combine any tricks you know into a smooth hoop dance
- Focus for this flow should be on backward side hooping
2 Minutes: Cool Down
- Relax your flow, slowing to half speed
- Focus on breathing steadily and slowing your heart rate
3 Minutes: Stretch
- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 5 - 24 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a “flow” or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, arms, and back

6 Minutes: Pump It Up

- Begin inward vertical hand hooping with your right hand
- Practice inserting your left hand inside the hoop so that your palms are together in “prayer hands” while the hoop continues to spin
- Pull out your right hand so that you are now outward vertical hand hooping on your left hand
- Continue to switch between your right and left hands in a counter-clockwise spin
- After 3 minutes, begin inward vertical hand hooping with your left hand
- Practice inserting your right hand inside the hoop so that your palms are together in “prayer hands” while the hoop continues to spin
- Pull out your right hand so that you are now outward vertical hand hooping on your right hand
- Continue to switch between your left and right hands in a clockwise spin
- Practice spinning and switching at slow, medium, and fast paces with both hands
- Practice spinning and switching in different positions (arms raised above you, arms lowered, arms straight)

3 Minutes: Flow

- Practice flowing with the hoop - combine any tricks you know into a smooth hoop dance
- Focus for this flow should be on switching hands while the hoop continues to spin vertically in front of you

2 Minutes: Cool Down

- Relax your flow, slowing to half speed
- Focus on breathing steadily and slowing your heart rate

3 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 6 - 24 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a “flow” or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, arms, and back

6 Minutes: Pump It Up

- Begin forward side hooping with your right hand
- Turn your feet to the right so that you are inward vertical hand hooping with the hoop in front of you
- Switch the hoop to your left hand so you are outward hand hooping
- Turn your feet to the right so that you are backward side hooping with your left hand
- Reverse this pattern so that you end in the position you started, forward side hooping with your right hand
- After 3 minutes begin forward side hooping with your left hand
- Turn your feet to the left so that you are inward vertical hand hooping with the hoop in front of you
- Switch the hoop to your right hand so you are outward hand hooping
- Turn your feet to the left so that you are backward side hooping with your right hand
- Reverse this pattern so that you end in the position you started, forward side hooping with your left hand

3 Minutes: Flow

- Practice flowing with the hoop - combine any tricks you know into a smooth hoop dance
- Focus for this flow should be on keeping the hoop spinning while moving your feet

2 Minutes: Cool Down

- Relax your flow, slowing to half speed
- Focus on breathing steadily and slowing your heart rate

3 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 7 - 24 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a “flow” or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, arms, and back

6 Minutes: Pump It Up

- Practice flowing between inward and outward vertical hand hooping, and forward and backward side hooping
- Practice moving your feet - first turn in one direction, then try turning in the other
- Practice moving smoothly, while keeping the hoop rotating

3 Minutes: Flow

- Practice flowing with the hoop - combine any tricks you know into a smooth hoop dance
2 Minutes: Cool Down
- Relax your flow, slowing to half speed
- Focus on breathing steadily and slowing your heart rate
3 Minutes: Stretch
- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Week 2:

Day 1 - 24 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a “flow” or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, arms, and back

6 Minutes: Pump It Up

- Begin vertical hand hooping with either hand
- Practice flowing from vertical hand hooping to waist hooping (use the transitions you learned in the hoop chapter) and then back to hand hooping
- Make sure to practice transitioning from both hands and spinning the hoop in both directions

3 Minutes: Flow

- Practice flowing with the hoop - combine any tricks you know into a smooth hoop dance
- Focus for this flow should be on on-body to off-body transitions

2 Minutes: Cool Down

- Relax your flow, slowing to half speed
- Focus on breathing steadily and slowing your heart rate

3 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 2 - 24 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a “flow” or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, arms, and back

6 Minutes: Pump It Up

- Begin side hand hooping with either hand

- Practice flowing from side hand hooping to waist hooping and then back to hand hooping (hint: remember your footwork from the hoop chapter, combine this with a transition)
- Make sure to practice both hands and spinning the hoop forward and backward

3 Minutes: Flow

- Practice flowing with the hoop - combine any tricks you know into a smooth hoop dance
- Focus for this flow should be on on-body to off-body transitions

2 Minutes: Cool Down

- Relax your flow, slowing to half speed
- Focus on breathing steadily and slowing your heart rate

3 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 3 - 24 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a “flow” or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, arms, and back

6 Minutes: Pump It Up

- Begin waist hooping
- Practice flowing from waist hooping to vertical hand hooping and back to waist hooping (same transitions as before, just in reverse)
- Make sure to practice both hands and spinning the hoop both directions

3 Minutes: Flow

- Practice flowing with the hoop - combine any tricks you know into a smooth hoop dance
- Focus for this flow should be on on-body to off-body transitions

2 Minutes: Cool Down

- Relax your flow, slowing to half speed
- Focus on breathing steadily and slowing your heart rate

3 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 4 - 24 Minutes (If you're not already hooping to music, turn some on today!)

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a “flow” or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, arms, and back

6 Minutes: Pump It Up

Begin hand hooping

- Practice flowing from hand to waist hooping and back again to music
- Try 4 beats for each position then switching
- Make sure to practice both hands and spinning the hoop both directions

3 Minutes: Flow

- Continue flowing with the hoop - combine any tricks you know into a smooth hoop dance
- Focus on moving with the beat of the music (count beats out loud if you have to)

2 Minutes: Cool Down

- Relax your flow, slowing to half speed
- Focus on breathing steadily and slowing your heart rate

3 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 5 - 24 Minutes (If you're not already hooping to music, turn some on today!)

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a "flow" or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, arms, and back

6 Minutes: Pump It Up

- Begin hand hooping
- Practice flowing from hand to waist hooping and back again to music
- Try 2 beats for each position and then switching
- Make sure to practice both hands and spinning the hoop both directions

3 Minutes: Flow

- Continue flowing with the hoop - combine any tricks you know into a smooth hoop dance
- Focus on moving with the beat of the music (count beats out loud if you have to)

2 Minutes: Cool Down

- Relax your flow, slowing to half speed
- Focus on breathing steadily and slowing your heart rate

3 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 6 - 24 Minutes (If you're not already hooping to music, turn some on today!)

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a “flow” or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, arms, and back

6 Minutes: Pump It Up

- Practice flowing from hand to waist hooping and back again to music
- Try different patterns to the beat (i.e. 2 beats, switch, 4 beats, switch, 2 beats, switch, 4 beats, switch)
- Make sure to practice both hands and spinning the hoop both directions

3 Minutes: Flow

- Continue flowing with the hoop - combine any tricks you know into a smooth hoop dance
- Focus on moving with the beat of the music (count beats out loud if you have to)

2 Minutes: Cool Down

- Relax your flow, slowing to half speed
- Focus on breathing steadily and slowing your heart rate

3 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 7 - 24 Minutes (If you're not already hooping to music, turn some on today!)

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a “flow” or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, arms, and back

9 Minutes: Pump It Up

- Practice a full speed flow
- Combine any tricks you know into a smooth hoop dance
- Focus on moving with the beat of the music (count beats out loud if you have to)
- Remember to switch hands and spin direction while continuing to move your feet

2 Minutes: Cool Down

- Relax your flow, slowing to half speed
- Focus on breathing steadily and slowing your heart rate

3 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Congratulations! You've now completed your 14-Day challenges. Now it's time to continue with the progress and ensure that exercising is scheduled into your day.

Workouts

Total Body Workout 2

START WORKOUT:

30 x Squats*

30 x Seated Calf Raise

30 x Push-ups

30 x Tricep Dips*

:30 second Plank

30 x Walking Lunges*

30 x Plie Squats*

:35 second rest between sets

Repeat 2 times.

Workout 2 - circuit workout

START WORKOUT:

40 x jumping jacks

:30 second jump rope

25 x squats

20 x alternating lunges

1 minute wall sit

1 minute high knees

10 x mountain climbers

15 burpees

1 minute plank

50 x crunches

:30 second water break between each set

Repeat 3 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.

Total Body Workout 5

START WORKOUT:

:60 seconds high knees
:60 seconds jumping jacks
:60 seconds running in place
:60 seconds jump rope
:60 seconds skipping in place
:30 second water break

Circuit One:

20 x squats
15 x squat jumps
30 x burpees

Circuit Two:

20 x mountain climbers
15 x push-ups
10 x bridges

Circuit Three:

20 x alternating lunges
15 plie squats
10 standing calf raises

Repeat each circuit 3 times
:30 second water break between each set

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.

You've made it this far due to your desire to fit exercise into your schedule, build more healthy habits, and to get the toned 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 book 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.

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 Gals on the Go. Get a Toned Body in 30 Minutes or Less.***