



---

# NO GYM NEEDED

---

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

LISE CARTWRIGHT

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

# No Gym Needed - 3 Moves, 300 Muscles

## Bonus Workout 1

My guy friends tell me how much they love circuit training, so I'm certain you'll enjoy this one. Nick-named the '3 moves, 300 muscles' workout, it's pretty simple. Perform 3 moves, over and over again and work 300 muscles. Of course, there is a bit more to it than that, but you get the gist.

Originally from the *Ultimate Warrior Workouts*, this little gem was forwarded to me by a good friend, who swears by it, particularly when he's travelling.

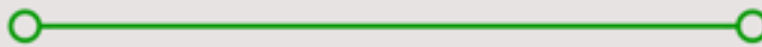
This workout is completely body weight focused, so no equipment needed, making it ideal for doing when you're travelling. Make sure to refer to the fast-track page to download this and all the other workouts so you can access them whenever you need to.

[Source: [www.menshealth.com](http://www.menshealth.com)]

## 3 Moves, 300 Muscles

Do each exercise 10 x and complete as many circuits as you can within 15 minutes. Rest for no more than 60 seconds between each circuit.

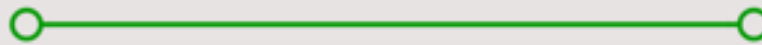
### Circuit 1 (repeat 2-3 times)



Body Weight Deep Squat x 10  
Judo Push-up x 10  
Sprinter Situp x 10

60 second rest

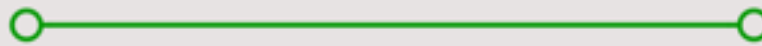
### Circuit 2 (repeat 2-3 times)



Sprinter Situp x 10  
Body Weight Deep Squat x 10  
Judo Push-up x 10

60 second rest

### Circuit 3 (repeat 2-3 times)



Judo Push-up x 10  
Sprinter Situp x 10  
Body Weight Deep Squat x 10

No Gym Workouts - by Lise Cartwright

If you're not familiar with some of the moves outlined above, make sure you check out the fast-track page for videos on how to do them.

Want even more? You're a glutton for punishment! Check out the other bonus workouts for more variety and options.