



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 - Body Fat Demolisher

Bonus Workout 2

If you're looking to push yourself further and reach higher levels of reduced body fat, then have I got a workout for you! Touted by MensHealth.com as the "ultimate do-anywhere, zero-excuse metabolic circuit" you will demolish any body fat, and when interspersed with some of the other workouts in this book, you'll find yourself wishing this workout was one you did every day - which you can if you wanted to.

Actually, you could do this workout every day - mix in a bit of cardio and you'll be looking 'fit' within 30 days.

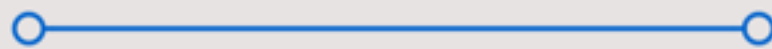
Again, this workout is completely body weight focused, so no equipment needed, making it ideal for doing when you're travelling. Make sure to refer to the fast-track page to download this and all the other workouts so you can access them whenever you need to.

[Source: www.menshealth.com]

Body Fat Demolisher

Do each circuit as quickly as you possibly can, aiming to do 50 reps of each exercise. Start each circuit with a different exercise and make sure you drink water during each rest.

Circuit 1 (you can mix up the reps any way you want)

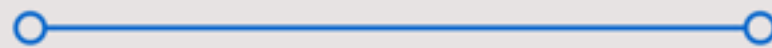


Push-ups x 30, Mountain Climber x 20, Ab Crunch x 30, Jumping Jacks x 20, Squat x 30

Push-ups x 20, Mountain Climber x 30, Ab Crunch x 20, Jumping Jacks x 30, Squat x 20

2 minute rest

Circuit 2 (you can mix up as above)

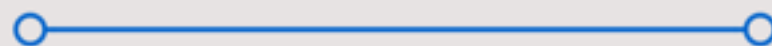


Squat x 30, Mountain Climber x 20, Ab Crunch x 30, Jumping Jacks x 20, Push-ups x 30

Squat x 20, Mountain Climber x 30, Ab Crunch x 20, Jumping Jacks x 30, Push-ups x 20

2 minute rest

Circuit 3 (you can mix up as above)



Ab Crunch x 30, Jumping Jacks x 20, Push-ups x 30, Squat x 30, Mountain Climber x 20

Ab Crunch x 20, Jumping Jacks x 30, Push-ups x 20, Squat x 20, Mountain Climber x 30

No Gym Workouts - by Lise Cartwright

The aim of the game is to do each exercise in any order, as quickly as you can without stopping. The workout should take you approximately 18 minutes to complete.

The above is an example of what your workout could look like, but it's up to you to mix it up. Repeat 3 times (so 3 circuits), making sure you start with a different move each time.

Do 50 reps of each exercise, in whatever order you want, and as quickly as possible. You don't have to do 50 reps of one move and then start the next. As you can see from the example circuits above, you can split them up. Do what works for you, but do it as quickly as you can.

You should be well and truly sweating after this workout. And as indicated, at each 2 minute rest, make sure you drink plenty of water.

All three of the bonus workouts included in this section are designed to remove the boredom that can develop during a 30-day exercise program. If you ever start to feel bored, choose one of the bonus workouts and alternate them with your 'normal' routines.

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