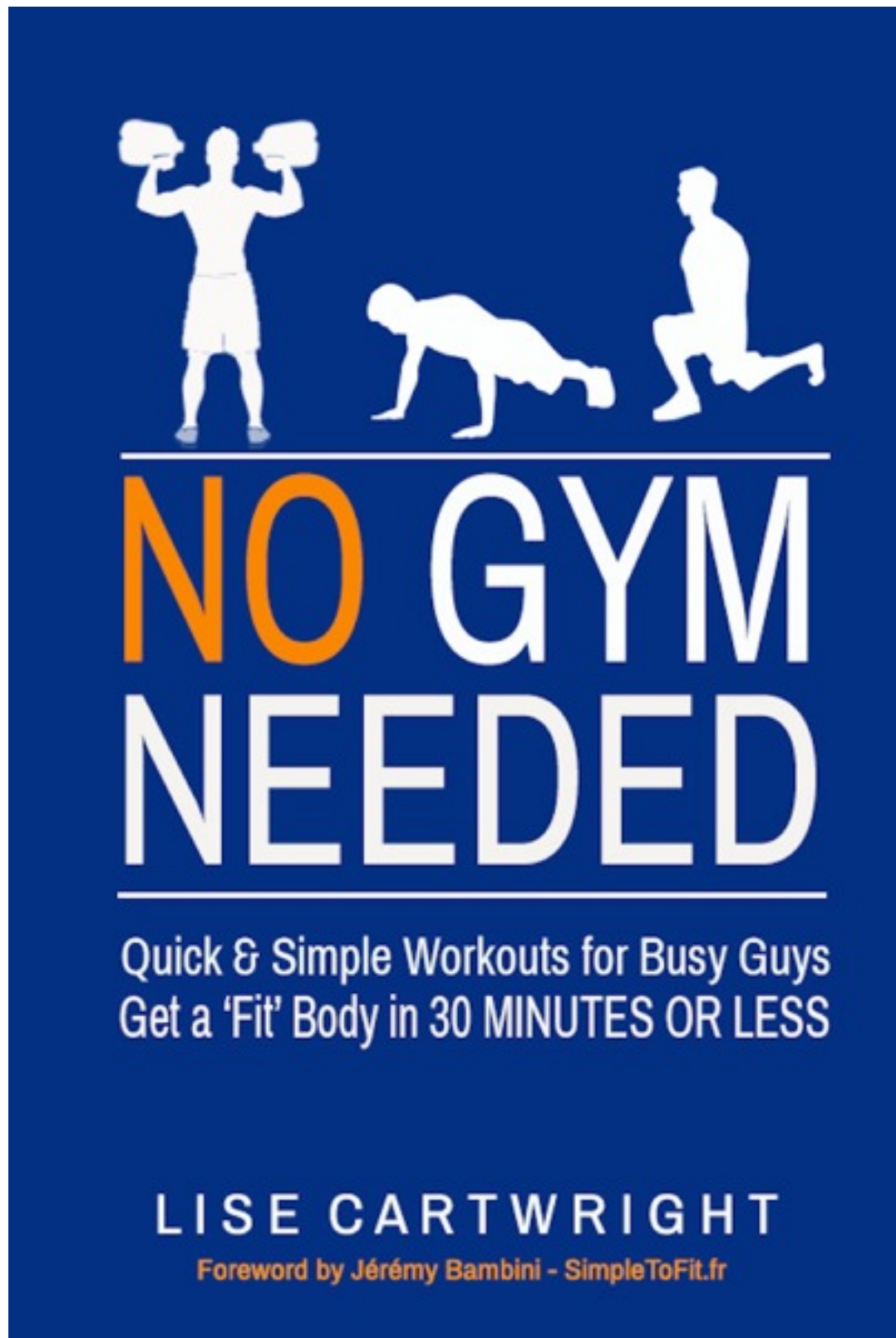


No Gym Needed Workouts

This is your downloadable guide to all the workouts featured in the book, *No Gym Needed: Quick & Simple Workouts for Busy Guys*. Enjoy!



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

Workout 1 - cardio/strength Workout

START WORKOUT:

30 x jumping jacks

5 x push-ups

25 x high knees

7 x burpees

10 x crunches

7 x squats

5 x push-ups

10 x crunches

5 x push-ups

7 x squats

30 x jumping jacks

1 minute wall sit

5 x push-ups

25 x high knees

:30 second water break between each set

Repeat 3 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 - Total Body Kettle Bell Workout

START WORKOUT:

10 x push-ups

10 x squats

10 x high pulls

10 x sumo squats

10 x kettle bell swings

:15 second water break

15 x push-ups

15 x squats

15 x high pulls

15 x sumo squats

15 x kettle bell swings

:15 second water break

20 x push-ups

20 x squats

20 x high pulls

20 x sumo squats

20 x kettle bell swings

Repeat 2 times

Workout 4 - Full Body Workout

START WORKOUT:

10 lunges (each leg) x 3 sets

8 bench press x 4 sets

5 Romanian deadlifts x 3 sets

8 seated shoulder press x 3 sets

12 one arm rows (each arm) x 2 sets

:30 second water break between each set

Repeat 3 times

Workout 5 - All over cardio

START WORKOUT:

:40 seconds mountain climbers

5 burpees

30 jumping jacks

:40 seconds jump rope

5 jump squats*

:40 seconds march*

:20 seconds high knees

:20 seconds butt kickers

:30 second water break

40 jumping jacks

:50 seconds jump rope

5 burpees

:45 seconds 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 knees

5 squats*

5 burpees

:30 seconds march*

14-Day Programs

14-Day Program	
Day 1: Cardio x 5 mins Leg Workout	Day 2: Cardio x 5 mins Arm Workout
Day 3: Cardio x 5 mins Core Workout	Day 4: REST DAY
Day 5: Cardio x 5 mins Leg Workout	Day 6: Cardio x 5 mins Arm Workout
Day 7: Cardio x 5 mins Core Workout	Day 8: REST DAY
Day 9: Cardio x 5 mins Leg Workout	Day 10: Cardio x 5 mins Arm Workout
Day 11: Cardio x 5 mins Core Workout	Day 12: REST DAY
Day 13: Cardio x 5 mins Leg Workout	Day 14: Cardio x 5 mins Arm Workout
No Gym Workouts Guide by Lise Cartwright	

14-Day Challenge

Day 1:
Cardio x 10 mins
+ Leg Workout

Day 2:
REST DAY

Day 3:
Cardio x 5 mins
+ Core Workout

Day 4:
Cardio x 10 mins
+ Arm Workout

Day 5:
Cardio x 5 mins
+ Leg Workout

Day 6:
REST DAY

Day 7:
Cardio x 10 mins +
Core Workout

Day 8:
Cardio x 5 mins
+ Arm Workout

Day 9:
Cardio x 10 mins +
Leg Workout

Day 10:
REST DAY

Day 11:
Cardio x 5 mins +
Core Workout

Day 12:
Cardio x 10 mins +
Arm Workout

Day 13:
Cardio x 5 mins +
Leg Workout

Day 14:
REST DAY

No Gym Workouts Guide by Lise Cartwright

30-Day Programs

30-Day Program - Weight Maintenance 1	Day 1 HIT Workout 1 - Cardio/Strength	Day 2 HIT Workout 2 - Circuit	Day 3 HIT Workout 1 - Cardio/Strength
	Day 4 REST DAY	Day 5 HIT Workout 2 - Circuit	Day 6 HIT Workout 4 - Full Body
	Day 7 HIT Workout 2 - Circuit	Day 8 REST DAY	Day 9 HIT Workout 4 - Full Body
	Day 10 HIT Workout 5 - All Over Cardio	Day 11 HIT Workout 4 - Full Body	Day 12 REST DAY
	Day 13 HIT Workout 2 - Circuit	Day 14 HIT Workout 1 - Cardio/Strength	Day 15 HIT Workout 2 - Circuit
	Day 16 REST DAY	Day 17 HIT Workout 5 - All Over Cardio	Day 18 HIT Workout 4 - Full Body
	Day 19 HIT Workout 5 - All Over Cardio	Day 20 REST DAY	Day 21 HIT Workout 2 - Circuit
	Day 22 HIT Workout 1 - Cardio/Strength	Day 23 HIT Workout 2 - Circuit	Day 24 REST DAY
	Day 25 HIT Workout 1 - Cardio/Strength	Day 26 HIT Workout 2 - Circuit	Day 27 HIT Workout 1 - Cardio/Strength
	Day 28 REST DAY	Day 29 HIT Workout 2 - Circuit	Day 30 HIT Workout 4 - Full Body

No Gym Workouts Guide by Lise Cartwright

30-Day Program - Weight Maintenance 1

Day 1
HIT Workout 1 -
Cardio/Strength

Day 2
HIT Workout 2 -
Circuit

Day 3
HIT Workout 1 -
Cardio/Strength

Day 4
REST DAY

Day 5
HIT Workout 3 -
Kettle Bells

Day 6
HIT Workout 4 - Full
Body

Day 7
HIT Workout 3 -
Kettle Bells

Day 8
REST DAY

Day 9
HIT Workout 5 -
All Over Cardio

Day 10
HIT Workout 2 -
Circuit

Day 11
HIT Workout 5 - All
Over Cardio

Day 12
REST DAY

Day 13
HIT Workout 3 -
Kettle Bells

Day 14
HIT Workout 1 -
Cardio/Strength

Day 15
HIT Workout 3 -
Kettle Bells

Day 16
REST DAY

Day 17
HIT Workout 5 -
All Over Cardio

Day 18
HIT Workout 4 - Full
Body

Day 19
HIT Workout 5 -
All Over Cardio

Day 20
REST DAY

Day 21
HIT Workout 3 -
Kettle Bells

Day 22
HIT Workout 2 -
Circuit

Day 23
HIT Workout 3 -
Kettle Bells

Day 24
REST DAY

Day 25
HIT Workout 1 -
Cardio/Strength

Day 26
HIT Workout 3 -
Kettle Bells

Day 27
HIT Workout 1 -
Cardio/Strength

Day 28
REST DAY

Day 29
HIT Workout 2 -
Circuit

Day 30
HIT Workout 4 - Full
Body

No Gym Workouts Guide by Lise Cartwright

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