

No Gym Needed Workouts

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



NO GYM NEEDED

Quick & Simple Workouts for Gals on the Go.
Get a Toned Body in **30 Minutes or Less.**

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

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*

Total Body Workout 1

DO EACH MOVE FOR 60 SECONDS

Jumping Jacks

Squats (beginners, do a Wall Squat)

Push-ups

Bicycle Crunches

Burpees (beginners, no jump up)

Alternating Lunges

Tricep Dips

Front Kicks

Plie Squats

Bicycle Crunches

High Knees

Squats (Squat Jumps for harder)

Bicep Curls

Plank

:40 seconds rest between each set

Repeat 2-3 times.

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.

Total Body Workout 3

START WORKOUT:

~ Arms ~

5 x push-ups

1 x full bridge

10 x tricep dips

10 x incline push-ups

5 x burpees

:30 second water break

~ Legs ~

10 x squats*

20 x walking lunges*

10 x side lunges*

15 x standing calf raises*

5 x jump squats

:30 second water break

~ Back ~

20 x bird dogs

:30 second superman

1 x full bridge

15 x short bridges

:30 second superman

:30 second water break

~ Core ~

:30 second plank

15 x vertical leg crunches*

20 x oblique crunches

:20 second side plank (each side)

:30 second plank

~ Repeat whole workout again ~

Total Body Workout 4

START WORKOUT:

50 x jumping jacks

10 x push-ups

:30 seconds superman

10 x walking lunges*

10 x side lunges*

30 x Russian twists*

45 x jumping jacks

:30 second jump rope

15 x side to side jumps

15 x tricep dips

10 x incline push-ups

30 x vertical leg crunches*

50 x bicycles

20 x bird dogs

:30 second plank

15 x short bridges

10 x standing calf raises*

:45 seconds rest

Repeat whole workout again

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

Total Body Workout 1

START WORKOUT

- :60 seconds jumping jacks
- :60 seconds side to side leaps
- :60 second rest
- :60 seconds run in place
- :60 seconds side lunges
- :60 second rest
- :60 seconds mountain climbers
- :30 second rest
- :60 seconds burpees
- :30 second rest
- :60 seconds high knee run in place
- :30 second rest
- :60 seconds squat jumps side to side
- :60 second rest
- :30 seconds jumping jacks
- :15 second rest
- :30 seconds squat jumps
- :15 second rest
- :30 seconds jumping lunges
- :15 second rest
- :30 seconds march
- Repeat 2 times

Total Body Workout 2

START WORKOUT

10 x jumping jacks

10 x squats*

10 x lunges (each leg)*

10 x burpees (with jump up)

:10 seconds fast running in place

:10 seconds plank

10 x push-ups

10 x crunches*

10 x bicycle crunches

10 x leg raises

:30 second rest between each set

Repeat 3 times

Total Body Workout 3

You'll need light and heavy Weights

START WORKOUT

15 lunges (each leg) - heavy weight (HW)

10 bench presses (light weight LW)

5 side bends (HW)

15 front raises (LW)

5 goblet squats (HW)

10 deadlifts (HW)

20 Russian twists (LW)

10 renegade rows (LW)

10 flyes (LW)

5 goblet squats (HW)

10 standing calf raises (HW)

20 dumbbell rows (HW)

5 tricep presses (LW)

20 glute kickbacks (LW)

:60 seconds jumping jacks

:60 seconds running in place

:60 seconds high knees

:60 seconds butt kicks

:60 seconds jumping jacks

Total Body Workout 4

START WORKOUT

10 x plank and rotate (alternating sides)

15 x single-leg scarecrows (each leg)

15 x squat, curl and press

:30 second rest

10 x lying chest fly

10 x lying overhead reach

10 x Russian twist

:30 second rest

15 x reverse lunge and press (each leg)

10 x plank and straight arm kickback
(alternate arms)

15 x weighted squats

:30 second rest between sets

Repeat 2 times

Total Body Workout 5

START WORKOUT

- :120 seconds jog in place
- :60 seconds jumping jacks
- :60 seconds inchworm push-ups
- :60 seconds jump squats
- :60 seconds puches in squat position
- :30 second rest/water break
- :120 seconds jog in place
- :60 seconds jumping jacks
- :60 seconds inchworm push-ups
- :60 seconds jump squats
- :60 seconds puches in squat position
- :30 second rest/water break
- :120 seconds jog in place
- :60 seconds jumping jacks
- :60 seconds standing waistline
crunches (swap sides halfway)
- :60 seconds regular crunches
- :30 second rest/water break
- :120 seconds jog in place
- :120 seconds jump rope
- :60 seconds plank