THE NO EXCUSES WORKOUT ROUTINE

Can’t make it to the gym today?

Choose any of these QUICK workouts to do wherever and whenever you want!

Stay ACTIVE and keep MOVING!
Feel like you’re working nonstop?
Job, school, or activities keeping you from getting to the gym?
Good news! It’s easy to stay active even when you can’t make it to the gym!

Pick any one of the many workouts in this manual for a super quick and easy way to improve your fitness and stay active!

We should all be doing some form of physical activity each day, and just 15-30 minutes is all you need to get your blood pumping, loosen up stiff joints, burn calories and feel great!
DON’T FORGET! Before doing any of these workouts, take 2-3 minutes to warm up your muscles and joints!

You can power walk or march in place, do some arm circles, twist your upper body side to side, touch your toes, get your heart rate up and then jump right into the workout!

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Legs for Toning

Work through each exercise in order for as many repetitions as possible in the given time.
Repeat the cycle of exercises 2-3 times.

1. Squat – 60 sec

2. Side lunge – 60 sec alternating legs

3. Walking lunge OR prison lunge – 60 seconds
4. Glute bridge leg extensions – 60 seconds continuously changing legs

5. 3 way calf raise – toes point outward slightly, inward slightly, and straight ahead – 30 seconds each direction
Cardio with Legs

Go through each exercise for the given number of repetitions. Cycle through all of the exercises 2-3 times.

1. Jump squats
   - 20

2. Alternating jumping lunges
   - 20 total (10 each side)

3. Burpees
   - 10
4. Mountain climbers
   - 30 total (15 each side)

5. Side lunges
   - 20 total (10 each side alternating with a skip)
## Total Body Boot Camp

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inchworms</td>
<td>45 sec</td>
</tr>
<tr>
<td>Duck Walks</td>
<td>30 sec</td>
</tr>
<tr>
<td>Bear Crawls</td>
<td>30 sec</td>
</tr>
<tr>
<td>Walking Lunges</td>
<td>8 steps each leg</td>
</tr>
<tr>
<td>Squat Jumps</td>
<td>30 sec</td>
</tr>
<tr>
<td>Push Ups</td>
<td>30 sec</td>
</tr>
<tr>
<td>Exercise</td>
<td>Time</td>
</tr>
<tr>
<td>---------------</td>
<td>------------</td>
</tr>
<tr>
<td>Partial Crunch</td>
<td>30 sec</td>
</tr>
<tr>
<td>Side Planks</td>
<td>30 sec each side</td>
</tr>
</tbody>
</table>

Level 1  | Level 2  | Level 3
Abs

Perform each exercise for 30 seconds and cycle through 2-3 times

1. Heel touch crunch knees bent at 90

2. Toe touches legs straight and locked toes back

3. Vertical scissors feet never touching ground, flutter kick swimming motion
4. Horizontal scissors

5. Elbows to opposite knee crunch

6. Windshield wipers legs straight up OR knees bent to 90, arms out to sides, shift legs side to side not touching the ground, shoulders flat head up

   Level 1

   Level 2
Pushing Challenge

Beat the Clock and do 90 push-ups! Standard hands and toes, knees, or even hands on a step incline, and take as much rest as you need.

Level 1

- Start in push-up position with your head facing 12 o’clock
  - Perform 12 push-ups

- Turn your body so your head faces 1 o’clock
  - Perform 1 push-up

- Progress through each number until you reach 12 o’clock position again where you’ll do another set of 12

Level 2
Plank Challenge

Go smoothly from one exercise to another holding each position for 30 sec, 60 sec, or 90 sec for the ultimate core challenge!

1. High Plank

2. Low Plank

3. Side Plank 1
4. Side plank 2 (other side)

5. Side Plank Pulses

6. Front Plank Leg Up
7. Front Plank Arm Up

8. Front Plank Arm and opposite leg Up

9. Front Plank Arm and opposite leg Up (Reverse of above)