NO EQUIPMENT WORKOUT

This workout is designed to help you train anywhere with no equipment.

Warm Up
You should always do some light intensity exercises before starting any workout, preferably that will warm up your whole body. Spend about 5 minutes warming up:
- Jogging around the block or oval/park.
- Star jumps.
- Jogging on the spot + moving your arms up and down.

Workout
Perform the following exercises:
- Burpees – 10 repetitions followed by 200m run.
- Lunges – 20 repetitions followed by 200m run.
- Prisoner Squats – 20 repetitions followed by 200m run.
- Push-ups – 20 repetitions followed by 200m run.
- Abs – Fingers to Toes – 20 repetitions followed by 200m run.
- Hover – hold for 1 minute followed by 200m run.
- Side Hover – hold each side for 30 seconds followed by 200m run.
- Complete the above circuit 1 to 3 times.

You can replace the 200m run with either 1 minute of star jumps or running on the spot.

Cool Down/Stretch
Spend about 5 minutes stretching:
- Stretch gently and slowly (avoid bouncing).
- Stretch only to the point of tension.
- Hold each stretch for a minimum of 30 seconds.
- Breathe slowly and ease into the stretch.
Exercises

BURPEES

- Begin in a squat position with hands on the floor in front of you (A).
- With the weight on your hands kick your feet back to a push-up position (B).
- Immediately return your feet to the squat position (C).
- Jump up as high as possible from the squat position (D).
- Repeat, moving as fast as possible.

LUNGES

- Stand with your feet about shoulder width apart (toes pointing forward).
- Step forward with your left foot, then bend both knees and descend until the front (left) thigh is parallel to the floor.
- Putting all the pressure on your left foot, rise up and repeat with the other leg.

PRISONER SQUATS

- Stand with feet at shoulder width apart and hands behind the ears (do not press into the head/neck).
- As you lower yourself, keep your lower back slightly arched, head up, and stick your butt out as if you’re going to sit on a chair.
- Extend your hips, knees and ankles back to the standing position.

(1) Source: Oxygen Women’s Fitness, viewed 4 January 2011
PUSH-UPS
• Lie on your stomach and place your hands flat on the ground at slightly more than shoulder-width apart and your feet together.
• Straightening your arms, push yourself upwards without locking the elbows.
• Bending the elbows out to the sides, lower your body until your upper arms are parallel to the floor.
• Breathe in on the way down and breathe out as you push yourself back up.

OR

PUSH-UPS (MODIFIED)
• Lie on your stomach and place your hands flat on the ground at slightly more than shoulder-width apart and your legs together with your knees on the floor.
• Straightening your arms, push yourself upwards without locking the elbows.
• Bending the elbows out to the sides, lower your body until your upper arms are parallel to the floor.
• Breathe in on the way down and breathe out as you push yourself back up.
ABS – FINGERS TO TOES
• Lie flat on your back. Extend your legs straight up, keeping your knees slightly bent.
• Raise both arms with fingers pointing towards your toes.
• Contract your abdominal muscles by lifting your torso toward your knees.
• Keep your arms in the same position as your fingers are lifted towards your toes.
• Return to the starting position and repeat.

HOVER
• Lie on your stomach and position your elbows directly underneath the shoulders.
• Tighten your abdominal muscles (by drawing your belly button inward toward your spine) to stabilise your mid-section.
• Lift your body up so you are resting on your forearms and toes.
• Your pelvis in conjunction with the spine and the knees should be in a straight line.
• Aim to hold for 60 or more seconds.

SIDE HOVER
• Lie on your side and position the bottom elbow directly under your shoulder.
• Place one foot on top of the other and raise yourself up.
• Keep a straight line from your head to your toes.
• Aim to hold for 30 seconds or more for each side.
Stretches

HAMSTRING STRETCH (STANDING)
• Place heel of the leg being stretched onto a step or bench.
• Make sure hips are kept square (facing forwards, not twisted to the side).
• Keep the stretched leg as straight as possible and lean forwards from the hip and back straight.
• Make sure you don’t round the upper back and your lower back should be slightly curved.

OR

HAMSTRING STRETCH (SITTING)
• Sit on the floor with the leg to be stretched extended and the other leg bent with the foot towards your body.
• Reach out with your hands, lean your upper body forward and bring your chest towards your thigh.
• Make sure you don’t round the upper back and your lower back should be slightly curved.

QUADRICEPS STRETCH (STANDING)
• Take your heel towards your bottom with your back straight.
• Keeping your knees together and your hips forward until you feel a stretch in the front of your thigh.

OR

QUADRICEPS STRETCH (LYING DOWN)
• Lie face down on the floor.
• Take your heel towards your bottom with your back straight until you feel a stretch in the front of your thigh.
• You can intensify the stretch by placing a rolled up towel under the knee.
HIP FLEXOR STRETCH
• Begin in the lunge position, with the leg to be stretched behind you.
• Keeping your back straight, gently lunge forwards until you feel a stretch in the front of your hip.
• Avoid arching low back.

Calf Stretch
• Stand with one leg in front of the other, with both feet pointed forward.
• Keep back knee straight, with the heel pressed to the floor.
• Push your hips forward, while pressing your back heel to ground.

CHEST STRETCH
• Bend the elbows at 90 degrees and position the forearm against a door frame, post or tree with the elbow at shoulder height.
• Turn body away from positioned arm.

UPPER BACK STRETCH
• Lean forward and grab onto a post or something similar.
• Push your hips back.
• Elongate your spine.
• Keep your head in line with spine.
Disclaimer: If you are new to exercise, over 40, have a health problem, or take regular medication, check with your doctor before commencing a fitness program. The information and exercises on this handout are intended as an educational resource and are not intended as a substitute for proper medical advice.

For further information

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