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What are you trying to do for fitness?

The Weightless Workout – the bodyweight circuit

Just because you don't have access to a weight room shouldn't limit you from a good workout – just try the workout below. All you need is your body, a few stairs and maybe a partner for resistance, but you can still make due even if you don't have all of that.

Since it is bodyweight exercises, you should focus on smooth slow movements and no sudden jerking actions – think of at least 2-3 seconds for each movement direction. Below are descriptions of simple exercises to workout anywhere you are.

- 1) **Lateral Lunges** – Standing tall, step laterally to the right or left, keep inside leg relatively straight and squat back and downward with outside leg. Then step feet back together and repeat to other side.
- 2) **Lateral Hops** – Standing tall, feet together, hop laterally over a line as quick as possible.
- 3) **Push-ups** – Hands shoulder width, regular push-ups.
- 4) **Mountain Climbers** – In a push-up position with the body in a straight line, hips neither sticking up or sagging down, bring one knee into chest, extend back outward and then repeat with other knee – try to keep hips from rotating.
- 5) **Single Leg Squats** – Standing tall, hold a partner's hand or solid apparatus and then squat backward and down while holding other leg up off of the ground. Try to keep knee of leg on the ground from driving forward & maintain heel on ground throughout. Then alternate legs. If too difficult, try step-ups.
- 6) **Low Jumping Jacks** – Just like regular jumping jacks, just try to lower the body to the ground as much as you can without bending over at the waist – like doing jumping jacks while squatting.
- 7) **Lateral Shoulder Raises** – With arms by side, raise them to the side to make a “t” with the body. Add resistance with a partner placing their hands on your elbows or wrist and resist your movement and then resist them from pushing your arms down on the way down. Try to do on a 3-5 count per repetition.
- 8) **Lateral Touches** – Standing tall, hop laterally over a line like lateral line hops, but touch the ground with hand farthest from the line you are jumping over and then jump the other direction quickly, repeat.
- 9) **Close Grip Pushups** – Just like regular push-ups but move the hands in closer and touch your elbows to your ribs as you lower yourself to the ground and then raise back up.
- 10) **Burpees** – Standing tall, touch toes, then kick legs out behind body into a push-up position, do 1 push-up and then bring legs back inward to hands, stand up and jump. Then repeat.
- 11) **Lying Hamstring Raises** – Lying on the ground, place bottom of one foot against step about 12-15” off of ground with knee bent about 90 degrees. Place other leg straight up in air and push hips up into air by pressing down on leg that is on the step – try to complete controlled repetitions.
- 12) **Feet First Crab Crawl up Steps** – Sitting with bottom on the ground with feet at the bottom of steps, raise hips off of ground with weight supported by hands and feet, walk up steps feet first without touching bottom on the ground.
- 13) **Wall Sits** – Standing tall, place back against wall and squat down until knees are about 90 degrees with heels on ground. Hold this position for allotted time.
- 14) **Crunches** – Seated on the ground, crunch upward and down under control or add in any variation for challenge.



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Workout Plan

Using the following exercises, complete workout by doing as many repetitions as you can while using proper form during the time allotted for each exercise. As you become proficient, try to repeat a second or third set. In addition, most exercises can be advanced by using weights or bands for resistance.

Always start with a dynamic warm-up.

- 1) **Lateral Lunges – 30-45 seconds**
- 2) **Lateral Hops – 45-60 seconds**
- 3) **Push-ups – 30-45 seconds**
- 4) **Mountain Climbers –45-60 seconds**
- 5) **Single Leg Squats – 30-45 seconds**
- 6) **Low Jumping Jacks – 45-60 seconds**
- 7) **Front and Lateral Shoulder Raises – 45-60 seconds**
- 8) **Lateral Touches – 45-60 seconds**
- 9) **Single Leg Squats - 30-45 seconds**
- 10) **Close Grip Pushups – 30-45 seconds**
- 11) **Burpees – 45-60 seconds**
- 12) **Lying Hamstring Raises – 30-45 seconds**
- 13) **Feet First Crab Crawl up Steps – 60 seconds or 1-2 times up stairs**
- 14) **Wall Sits – 30-45 seconds**
- 15) **Seated In/Out Crunches – 45-60 seconds**

Repeat or Finish with static stretching