



The
No-Equipment
Training Plan



TD Fitness

Educate. Train. Give.

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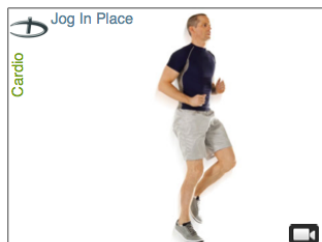
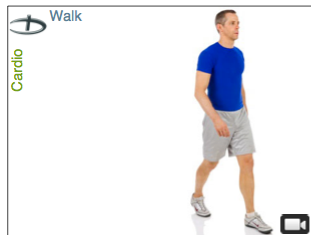
Whether you're a beginner or an experienced athlete, this training plan provides four levels of intensity to choose from. It's great for starting a new regimen, maintaining fitness during travel, or for reduced-intensity workouts as you gear up for a more intense regimen. Improve heart health, build your core, and increase strength – all in minimal time each day. And there's no equipment required! Good luck!

Weekly Plan

Day 1	Aerobic Exercise	20 min
Day 2	Core Development	20 min
Day 3	Aerobic Exercise	20 min
Day 4	Strength Training	20 min
Day 5	Aerobic Exercise	20 min

- This plan consists of five workouts each week.
- Perform each exercise for the time period listed.
- Select the difficulty level appropriate for your level of fitness – Level 1 (Beginner) through Level 4 (Expert).

Aerobic Exercises



Exercise images courtesy of PumpOne.com

Aerobic Exercise Levels

Level 1		
Cardio	Walking	15 min
	Stretch	5 min
TOTAL TIME		20 min

Level 2		
Cardio	Power Walk	15 min
	Stretch	5 min
TOTAL TIME		20 min

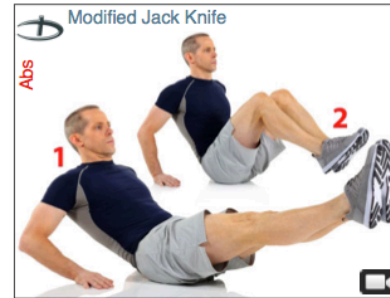
Level 3		
Cardio	Jog	15 min
	Stretch	5 min
TOTAL TIME		20 min

Level 4		
Cardio	Run	30 sec
	Walk/Jog	60 Sec
Repeat 10 total times		
	Stretch	5 min
TOTAL TIME		20 min

Core Exercises Level 1

Warm-up	Walk in Place	4 min
Lower Abs	Modified Jack Knife	30 sec
	Rest	15 sec
Total Core	Modified Plank	30 sec
	Rest	15 sec
Obliques	Russian Twist (feet on floor)	30 sec
	Rest	15 sec
Lower Back	Modified Superman	30 sec
	Rest	60 sec
Lower Abs	Modified Jack Knife	30 sec
	Rest	15 sec
Total Core	Modified Plank	30 sec
	Rest	15 sec
Obliques	Russian Twist (feet on floor)	30 sec
	Rest	15 sec
Lower Back	Modified Superman	30 sec
	Rest	60 sec
	Stretch	5 min
	TOTAL TIME	20 min

Exercise Instruction



- 1 - Sit with your legs straight out, raised off the floor, placing your hands behind your back to balance.
 - 2 - Bring your knees in towards your chest, keeping your feet raised.
- Return your legs back out to the start position and repeat.



- Lie face down on a mat with your legs straight and hands at your shoulders with elbows bent.
- Push your upper body toward the ceiling to a straight arm position, keeping your lower legs on the mat.
- Keep your back flat throughout.



- 1 - Start in a sit up position with your feet flat, knees bent and your arms extended out in front at chest height.
 - 2 - Twist your torso to one side.
- Twist your torso back to the other side, keeping your feet flat and arms straight throughout.

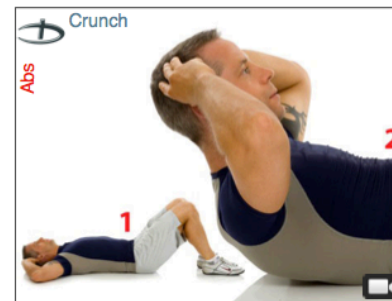


- 1 - Lie face down on the floor with your legs straight and your arms by your sides, palms up.
 - 2 - Raise your upper body, arms and legs all together about 18 inches off floor.
- Hold this position briefly, then lower yourself back to the floor and repeat.

Core Exercises Level 2

Warm-up	Walk	4 min
Upper Abs	Crunch	30 sec
	Rest	15 sec
Total Core	Forearm Plank	30 sec
	Rest	15 sec
Obliques	Russian Twist (feet raised)	30 sec
	Rest	15 sec
Lower Back	Lying Superman	30 sec
	Rest	60 sec
Upper Abs	Crunch	30 sec
	Rest	15 sec
Total Core	Forearm Plank	30 sec
	Rest	15 sec
Obliques	Russian Twist (feet raised)	30 sec
	Rest	15 sec
Lower Back	Lying Superman	30 sec
	Rest	60 sec
Upper Abs	Crunch	30 sec
	Rest	15 sec
Total Core	Forearm Plank	30 sec
	Rest	15 sec
Obliques	Russian Twist (feet raised)	30 sec
	Rest	15 sec
Lower Back	Lying Superman	30 sec
	Rest	60 sec
	Stretch	5 min
	TOTAL TIME	20 min

Exercise Instruction



- 1 - Lie on your back with your knees bent and feet flat, place your hands to the sides of your head.
 - 2 - Lift your head and shoulders off the floor, keeping your feet flat.
- Do not pull your head up with your hands.
 - Lower your head and shoulders and repeat.



- 1 - Lie face down on a mat with your legs straight and arms tucked in by your sides with elbows bent.
 - 2 - Raise your body up onto your toes and forearms and hold briefly.
- Keep your back flat and head slightly raised, looking forward.



- 1 - Start in a sit up position with your feet up off the floor, knees bent and your arms extended out in front at chest height.
 - 2 - Twist your torso to one side.
- Twist your torso back to the other side, keeping your feet up and arms straight throughout.



- 1 - Lie face down on the floor with your legs straight and your arms stretched out overhead.
 - 2 - Raise your upper body and legs together about 18 inches off the floor as if you were flying like Superman.
- Hold this position briefly then lower yourself back to the floor and repeat.

Core Exercises Level 3

Warm-up	Jumping Jacks	4 min
Total Core	Plank	30 sec
	Rest	15 sec
Lower Abs	Lying Leg Raises	30 sec
	Rest	15 sec
Obliques	Side Bridge (Elbow)	15 sec. ea.
	Rest	15 sec
Lower Back	Glute Bridge	30 sec
	Rest	60 sec
Total Core	Plank	30 sec
	Rest	15 sec
Lower Abs	Lying Leg Raises	30 sec
	Rest	15 sec
Obliques	Side Bridge (Elbow)	15 sec. ea.
	Rest	15 sec
Lower Back	Glute Bridge	30 sec
	Rest	60 sec
	Stretch	5 min
	TOTAL TIME	20 min

Exercise Instruction



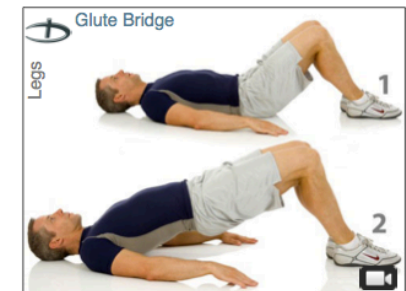
- Lie face down on a mat with your legs straight and arms tucked in by your sides with elbows bent.
- Raise your body up into the top of a push up position, resting on your hand and toes and hold briefly.
- Keep your back flat and head looking down at the floor.



- 1- Lie on your back with your legs straight and your hands by your sides.
 - 2 - Raise your legs straight up, slightly lifting your lower back off the floor.
- Slowly lower your legs to tap your heels on the floor and repeat.
 - Keep your upper body stable and your legs straight throughout the movement.



- 1 - Lie on one side propped up on one elbow with your legs straight out on top of one another.
 - 2 - Raise your body off the floor, resting on your forearm and foot.
- Try to keep your body in a straight line and your elbow directly under your shoulder.
 - Hold, then lower yourself back to the floor and repeat.



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
 - 2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.
- Lower yourself back to the floor and repeat.

Core Exercises Level 4

Warm-up	Jog	4 min
Upper Abs	Bridge to Plank	30 sec
	Rest	15 sec
Lower Abs	Flutter Kicks	30 sec
	Rest	15 sec
Obliques	Side Bridge (Arm)	15 sec. ea.
	Rest	15 sec
Lower Back	Uni Glute Bridge	15 sec. ea.
	Rest	60 sec
Upper Abs	Bridge to Plank	30 sec
	Rest	15 sec
Lower Abs	Flutter Kicks	30 sec
	Rest	15 sec
Obliques	Side Bridge (Arm)	15 sec. ea.
	Rest	15 sec
Lower Back	Uni Glute Bridge	15 sec. ea.
	Rest	60 sec
Upper Abs	Bridge to Plank	30 sec
	Rest	15 sec
Lower Abs	Flutter Kicks	30 sec
	Rest	15 sec
Obliques	Side Bridge (Arm)	15 sec. ea.
	Rest	15 sec
Lower Back	Uni Glute Bridge	15 sec. ea.
	Rest	60 sec
	Stretch	5 min
	TOTAL TIME	20 min

Exercise Instruction



- 1 - Raise your body off the floor, resting on your toes and forearms.
- 2 - Straighten your arms one at a time, coming up into the top of a push up position.
- Hold briefly, then lower yourself back to your forearms, one arm at a time.



- Lie on your back with legs straight out in front, slightly off the floor and your arms by your sides.
- 1 - Raise one leg straight up about 12 inches off the floor.
- 2 - Raise the other leg up about 24 inches off the floor.
- 3 - Continue raising your legs in scissor-like movements until they are straight up.



- Lie on one side with one hand on the floor and your legs straight out on top of one another.
- 1 - Raise your body off the floor, resting on your hand and bottom foot.
- Keep your body in a straight line and your hand directly under your shoulder.

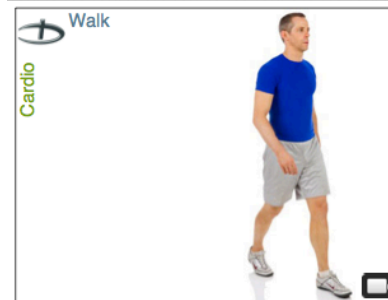


- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
- 2 - Raise your hips off the floor, making a straight line from your hips to your shoulders and extend one leg out straight.
- Lower yourself back to the floor and repeat using the other leg.

Strength Exercises Level 1

Warm-up	Walk in Place	4 min
Lower Body	Supported Squat	30 sec
	Rest	30 sec
Upper Body	Wall Pushup	30 sec
	Rest	30 sec
Total Body	Turkish Get-Up	30 sec
	Rest	60 sec
Lower Back	Supported Squat	30 sec
	Rest	30 sec
Upper Abs	Wall Pushup	30 sec
	Rest	30 sec
Lower Abs	Turkish Get-Up	30 sec
	Rest	60 sec
Obliques	Supported Squat	30 sec
	Rest	30 sec
Lower Back	Wall Pushup	30 sec
	Rest	30 sec
Upper Abs	Turkish Get-Up	30 sec
	Rest	60 sec
	Stretch	5 min
	TOTAL TIME	20 min

Exercise Instruction



- Walk upright, gently swinging your arms by your sides.
- Lift your foot completely off the floor each step, placing it down from heel to toe.



- 1 - Stand upright with your feet flat, shoulder-width apart and your hands on a seat or bench in front at chest height.
 - 2 - Lower your body towards the floor, pushing your hips back and down and bending your knees using the seat/bench for support.
 - 3 - Push through your heels to return to the top position.
- Keep your back flat and your head up throughout the movement.



- 1 - Stand leaning forward with your hands on a wall at shoulder height, elbows bent and your chest nearly touching the wall.
- 2 - Push out away from the wall to a straight arm position.



- 1 - Lie on the floor with your arm straight up over your chest and one leg bent at the hip and knee.
 - 2 - Thrust the bent leg forward raising your upper body off the floor, and coming up into a seated position.
 - 3 - Come up on to one knee with your arm straight.
 - 4 - Stand upright with your arm fully extended overhead.
- Reverse the steps to lower back down to the start position.

Strength Exercises Level 2

Warm-up	Walk	4 min
Lower Body	Prisoner Squat	30 sec
	Rest	30 sec
Upper Body	Kneeling Pushup	30 sec
	Rest	30 sec
Total Body	Mountain Climbers	30 sec
	Rest	60 sec
Lower Back	Prisoner Squat	30 sec
	Rest	30 sec
Upper Abs	Kneeling Pushup	30 sec
	Rest	30 sec
Lower Abs	Mountain Climbers	30 sec
	Rest	60 sec
Obliques	Prisoner Squat	30 sec
	Rest	30 sec
Lower Back	Kneeling Pushup	30 sec
	Rest	30 sec
Upper Abs	Mountain Climbers	30 sec
	Rest	60 sec
	Stretch	5 min
	TOTAL TIME	20 min

Exercise Instruction



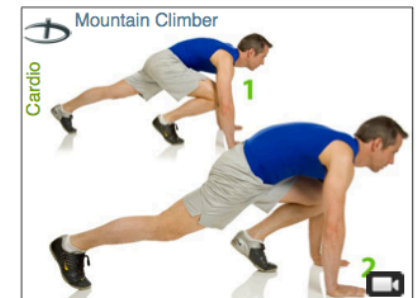
- Walk upright, gently swinging your arms by your sides.
- Lift your foot completely off the floor each step, placing it down from heel to toe.



- 1 - Stand upright with your feet flat and shoulder-width apart and your hands at the sides of your head.
- 2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
- 3 - Push through your heels to return to the top position, keeping your back flat, your head up and your hands at the sides of your head throughout the movement.



- 1 - Support your body on your knees and hands with your elbows bent, feet raised and your chest nearly touching the floor.
 - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat, keeping your back flat and hips in line with your shoulders throughout.



- 1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.
- 2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.

Strength Exercises Level 3

Warm-up	Jog	4 min
Lower Body	Y Squat	30 sec
	Rest	30 sec
Upper Body	Pushups	30 sec
	Rest	30 sec
Total Body	Burpees	30 sec
	Rest	60 sec
Lower Back	Y Squat	30 sec
	Rest	30 sec
Upper Abs	Pushups	30 sec
	Rest	30 sec
Lower Abs	Burpees	30 sec
	Rest	60 sec
Obliques	Y Squat	30 sec
	Rest	30 sec
Lower Back	Pushups	30 sec
	Rest	30 sec
Upper Abs	Burpees	30 sec
	Rest	60 sec
	Stretch	5 min
	TOTAL TIME	20 min

Exercise Instruction



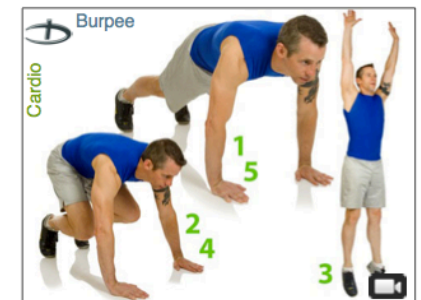
- Jog in an upright position swinging your arms by your sides.
- Concentrate on your stride length as well as your stride frequency.
- Your hands should swing up to about chest height in front and back down to your hip.



- 1 - Stand upright with your feet flat, shoulder-width apart and your arms extended overhead.
 - 2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
 - 3 - Push through your heels to return to the top position.
- Keep your back flat, your head up and your arms overhead throughout the movement.



- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
 - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat.
 - Keep your back flat and your hips in line with your shoulders throughout.



- 1 - Start in the top of a push up position.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Come to an upright position and jump into the air, raising your arms overhead.
- 4,5 - Return to the mid position and then jump your feet back out to a straight position.

Strength Exercises Level 4

Warm-up	Jumping Jacks	4 min
Lower Body	Squat Jump	30 sec
	Rest	30 sec
Upper Body	Moving Pushup	30 sec
	Rest	30 sec
Total Body	Burpee Pushup	30 sec
	Rest	60 sec
Lower Back	Squat Jump	30 sec
	Rest	30 sec
Upper Abs	Moving Pushup	30 sec
	Rest	30 sec
Lower Abs	Burpee Pushup	30 sec
	Rest	60 sec
Obliques	Squat Jump	30 sec
	Rest	30 sec
Lower Back	Moving Pushup	30 sec
	Rest	30 sec
Upper Abs	Burpee Pushup	30 sec
	Rest	60 sec
	Stretch	5 min
	TOTAL TIME	20 min

Exercise Instruction



- 1 - Stand upright with your feet together and your arms by your sides.
 - 2 - Jump up, splitting your feet out to the sides.
 - 3 - Simultaneously swing your arms up to the sides in an arc over your head.
- Reverse the direction of the movement.



- Stand upright with your arms straight by your sides.
- 1 - Bend at the hips and knees into a semi-squat position, leaning your torso slightly forward.
 - 2 - Push off your feet jump straight up.
 - 3 - Land in semi-squat to absorb and repeat the jump.



- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
 - 2 - Push up to a straight arm position.
 - 3 - Move your hands about 12 inches to one side.
 - 4 - Lower your chest back to the floor.
- Repeat, moving to the other side.



- Stand upright
- 1 - Squat down placing your hands on the floor and jump your feet back to the top of a push up position.
 - 2 - Perform a push up, lowering your chest down to the floor and pushing back up to a straight position.
 - 3 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.

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