

6 Week Minimal Equipment Workout Guide

DISCLAIMER

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. Do not start this program if your physical or health care provider advises against it.

Details

- Alternate between upper and lower body days
- Add abs workouts in 2 days per week
- Stretch after each workout.
- Workout structure sample:

Monday	Tuesday	Wednesday	Thursday	Friday
Lower A & Abs A	Upper A	Rest	Lower B	Upper B & Abs B
Lower C & Abs C	Upper C	Rest	Lower A	Upper A & Abs A
Lower B & Abs B	Upper B	Rest	Lower C	Upper C & Abs C
Lower A & Abs A	Upper B	Rest	Lower B	Upper C & Abs B
Lower A & Abs C	Upper A	Rest	Lower B	Upper B & Abs A
Lower C & Abs C	Upper C	Rest	Lower A	Upper A & Abs A

Abs A

*Triset (3 rounds, 15 seconds rest between rounds)

Mountain climbers
Bicycle crunches
Flutter kicks

Abs B

Repeat 4 x

1 minute Dead bug
20 Arm supported ab In and outs
15 Alternating carb toe touch

Abs C

Repeat 3 x

:30 Side plank hold
:30 Side plank hold
:20 Hollow body hold (or V-sit hold)

Lower Body A

Warm Up: 1 mile jog
50 bodyweight squats

Front Squat (feet a little wider than hip width): 3 x 20

Reverse Lunge: 3 x 20

Hip Thrust: 3 x 20

Lateral Lunge: 3 x 20

Stiff Leg Deadlift: 3 x 20

Side lying leg raise (toe pointed down): 2 x 25

Lower Body B

Warm Up:
Timer: 50 seconds on 10 seconds off
Body weight squat (feet hip width)
Walking lunges
Body weight squat (feet wide with toes pointed out)
Walking lunges

Single leg deadlift (hold onto something if balancing on 1 leg unassisted is too difficult): 3 x 15

Single leg hip thrust (chin pointed down towards sternum, have back support start at the bottom of your shoulder blades: 3 x 15

Split squat: 3 x 15

Wide front squat: 3x15

Body weight bridge + abduction with band: 3 x 20

Lower Body C

Warm Up: 1 mile jog

*Superset 1

Very wide squat (dumbbell held in front of you between legs): 3 x 15

Band kickback: 3 x 20

*Superset 2

Step Ups: 3 x 15

Frog: 3x20

*Superset 3

Romanian Deadlift: 3 x 15

Standing Abduction: 3 x 30

Wall Squat: for time until failure

Upper Body A

Warm Up: Repeat 3 times

1 Minute Jumping Jacks/Jump Rope
:30 inchworm
:30 bear crawl

Standing Overhead Press: 3 x 20

Push-up: 3 x failure

Flys: 3 x 20

2 arm bent over row (neutral grip): 3 x 20

Alternating biceps curl: 3 x 20

Triceps kickback: 3 x 20

Upper Body B

Warm Up: 1 Mile Jog

DB Floor Press: 3 x 20

Neutral Grip Overhead Press: 3 x 20

1 arm bent over row: 3 x 20 (each arm)

*Triset

Front delt raise: 3 x 20

Lateral raise: 3 x 20

Bent over rear delt raise (neutral grip): 3 x 20

*Superset

Hammer curls : 3 x 20

Skull crushers: 3 x 20

Upper Body C

Warm Up: Repeat 3x

:30 Straight arm plank hold
20 arm circles (each direction & each arm)
Cat- Cow (20 breaths)

Bent over row (overhand grip): 3 x 20

Floor press (while holding glutei bridge position): 3 x 20

Seated overhead press: 3x 20

*Superset

Upright row: 3 x 20

Bent over rear delt row: 3 x 20

*Superset

Biceps concentration curl: 3 x 20

1 arm triceps overhead extension: 3 x 20