

No gym and no equipment workout

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Intro

Reasons to train with no equipment and no gym

- Most people don't use their gym memberships
- Save time and money, workout for free and few meters away
- Practice on your own so you feel confident in a gym
- Take your workout with you when away or when you get spare time



The exercises are:

1. Lunges 3 sets of 20, 10 each leg
2. Squats 3 sets of 20
3. Pushups 3 sets of 10 to 20
4. Step ups 3mins
5. Leg ups 3 sets of 10
6. Cobra build up to 3mins
7. Dynamic Horse stance movement 3 sets of 20, 10 each leg
8. Kneeling Deadlift build up to 3mins
9. Transverse Abdominal training exercise build up to 3mins
10. Speed skaters build up to 3mins

More info at

Please sign up for free tips and workouts, opt in at the muscle man at <http://www.1PersonalTrainingAdelaide.info/> or

<http://www.BodyAndBusinessBalance.com.au/>

