NO GYM REQUIRED · HEALTH COACHING FOR MIDLIFE WOMEN JUGGLING IT ALL

# No Gym Required

*Two full-body circuits. No equipment needed.*



## The Full Circuit — 30+ MIN

Warm up twice, then do rounds for time.

**WARM-UP · 2 ROUNDS**

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|---|---|
| Walkout to mountain climbers<br>Walk out to a plank, 5 mountain climbers each side, walk back up. | 10 |
| Squats | 10 |

**CIRCUIT · REPEAT**

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|---|---|
| Tricep pushups (knees or feet)<br>Hands under shoulders, elbows hugging your sides. | 10 |
| Knees-in crunches<br>Sit, lean back on your hands, pull knees in. | 15 |
| Reverse lunges<br>Step back and lower until both knees bend. | 10 each side |
| Pushups (knees or feet) | 10 |
| Jump squats (or squats)<br>Hold the last one at the bottom for 10 sec. | 15 |
| Mountain climbers<br>From a plank, drive your knees in one at a time. | 30 sec |
| Tricep dips on a chair<br>Hands on the seat behind you, elbows in. Lower, press up. | 12 |
| Curtsy lunges<br>Step one leg behind the other, like a curtsy, and lower. | 10 each side |
| Plank<br>Forearms down, body in one straight line. | 30 sec |

*Use a sturdy chair for dips. Rolling desk chairs won't cooperate. Been there, done that.*

## Park Bench Workout — 30+ MIN

Walk or jog to the park to warm up. Find a sturdy bench and do rounds for time. Walk or jog home to cool down.
Ignore the pigeons. They're judging everyone.

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|---|---|
| Step ups<br>Step onto the bench, stand tall, step back down. | 10 each side |
| Pushups, hands on the bench | 12 |
| Split squats<br>Back foot on the bench, front foot a big step out. Lower straight down, keeping your knee over your ankle. | 8 each side |
| Bench tricep dips<br>Hands on the bench behind you. Bend your elbows and press back up, keeping your elbows in. | 12 |
| Jump squats<br>Hold the bottom of the last one for 10 seconds. | 15 |
| Squats<br>Hold the bottom for 2 seconds on each one. | 15 |
| Bench side plank<br>One hand on the bench, body open to the side, hips lifted. | 30 sec each side |

### Cool down

After the Full Circuit, do 5 minutes of stretches from the Travel Day Reset in my Pack Your Sneakers guide.

### Make it easier

Slow down, add in rest or use the modifications.

### Make it harder

Less rest, more rounds.

General education from a health coach, not medical advice. Check with your doctor before starting a new exercise routine, and skip any move that hurts.

**Want a plan that actually works out?**
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