

# The "No Equipment" STRENGTH TRAINING ROUTINE

By Dominique Wakefield

- **Chair dips** Sit on the edge of a chair and place hands behind hips. Lift backside off seat and walk feet forward. Slowly lower body downward and extend body back to starting position. Repeat.

- **Wall-sits** Assume a sitting position with the back against a wall and knees at a 90° angle. Hold position for 20-60 seconds and repeat.

- **Leg lifts lying down** [both legs together, single legs] Lie on the back with hands at the side. Lift legs into the air, keeping them as straight as possible, and contract abdominal muscles.

- **Wall push-ups** [or on the floor, standard or modified] Perform normal push-ups or modify the exercise by placing hands against a wall instead of floor.

- **Alternating standing lunges**  
Begin in regular stance with legs approximately hip-width apart. Step forward with one leg and lower the body down, bending the leg. Do not allow the knee to move beyond the toes while descending. Push up and back and repeat with other leg.

- **Planks** [on hands or elbows] Lie face down on the floor. Raise onto your toes and elbows, trying to keep the back straight. Hold position for 20-60 sec and repeat.

- **Standing calf-raises** Stand with feet several inches apart. Raise the heels and contract calf muscles. Hold this position for several seconds. Slowly return to starting position. Repeat.

- **Abdominal crunches** Lie down with the back against the floor and bend both knees. Place hands behind neck. Flatten the lower back against the floor and slowly contract abdominal muscles, bringing shoulder blades 1-3 inches off the ground. Hold at top for several seconds and slowly back down. Repeat.

- **Cool down**  
by walking in place for 2-3 minutes  
- Stretch the whole body (all major joints) and hold each stretch 15-30 seconds. Repeat 2-4 times.

- **Standing leg extensions** [backwards, lateral] Stand with legs hip-width apart. Slowly lift one leg off the floor while stabilizing body weight on the supporting leg without shifting or leaning. Extend the leg as far and comfortably as possible. Slowly return to starting position. Repeat.

This is a 30-minute sample workout you can do in the gym, or even your dorm room.

Start with one set of 15 repetitions or holding the position for 15 seconds. Gradually work up to three sets of 20. Once that becomes easy, repeat the circuit two to four times.

Warm up by walking in place or doing jumping jacks for three minutes.

## Want to add CARDIO to the MIX?

In-between each strength-training element, do 25 jumping jacks or run in place lifting your knees high.

# FINISHED