

# **NO**Excuses™ *Workout System*

## The No Excuses Workout™

**This 6-minute exercise combo is a great total body workout**

*by Jonathan Roche, Award Winning Fitness Expert and Certified Personal Trainer*

Pressed for time? Having trouble fitting in a full workout today? The No Excuses Workout™ is a 6-minute session that exercises every major area of your body. Whether you are at home, in the gym, or on the road, here is a workout that you can do several times a week.

### **WARM UP**

Before beginning these exercises be sure to warm up for 5 minutes. Walk, jog in place, or jump rope - any activity is fine as long as you don't overdo it. This means that your perceived exertion rate during warm-up should be 5 on a scale from 1 to 10. ("1" is the exertion it takes for you to sit on the sofa and at "10," you've just passed). Never go above a perceived exertion while doing this or any workout.

### **CHEST, SHOULDERS, BICEPS, CORE**



#### **Push-Ups - do 15 and you're finished**

Be sure to keep a straight line from your head, through your hips, and to your knees (or to your feet if you are not doing these from your knees). Inhale as you go down and exhale as you come up. Pay attention to your form, making sure that your back is not arched and that your butt is even with your shoulders.

### **ABDOMINALS**



#### **Crunches - 15 solid crunches is all it takes!**

Lie on your back and bend your knees at a 45-degree angle with your feet flat on the ground. Place your hands across your chest or lightly supporting your head and neck. Lift your upper torso off the ground using your abdomen muscles. Keep your neck relaxed and exhale as you come up. Do not go past a 45-degree angle. Hold for 3 seconds at the top.

LOWER BACK, UPPER BACK, GLUTES



## **Back Extensions - strengthen your back in 15 repetitions**

Lie face down on the ground with your arms out to your sides. Using your lower back, lift your upper body off of the ground about 3 inches, while simultaneously lifting your legs. This will engage your glute muscles. You can externally rotate your hands counter clockwise to work your upper back. Ideally, you will be lifting your upper body, lifting your legs together as one unit, and externally rotating your hands to fire your upper back. Keep your neck relaxed and continue looking down as you come up.

QUADS, GLUTES, HAMSTRINGS



## **Modified Lunges**

Stand up straight with your hands on your hips. Step forward with your right foot into a lunge position. Be sure to come forward just a few feet, making sure that your right knee does not go beyond your right toes. If it does, you have stepped too far forward. Maintain what I call a “proud chest” with your upper body upright at all times.

The No Excuses Workout offers a 6-, 12-, 18-, and 24-minute No Excuses Workout with Interval Training techniques and a common-sense approach to nutrition and health. Visit [NoExcusesWorkouts.com](http://NoExcusesWorkouts.com)

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