

THE HEALTHY LIFESTYLE  
COACHING PROGRAM PRESENTS:

# NO GYM, NO PROBLEM!

YOUR VIRTUAL GUIDE TO EXERCISE

**This series has been created to provide guidance on fitness routines that require little to no equipment.**

If you are looking for more assistance with your health and wellness goals, our health coaches of ChristianaCare are more than ready to help.

Sign up for an appointment with one today!  
[cchshealthcoach.as.me](http://cchshealthcoach.as.me)

# Episode 3

## BACKPACK BODYBUILDING!

This routine can be executed in an office setting, at home, and even outside!

For this routine, all you need is a durable bag (backpack, briefcase, purse, etc.).

The amount of items placed into the bag will control the difficulty of each exercise. Some items that can be placed in the bag include books, soup cans or any other weighted household items.

### The Workout

Complete as many rounds as possible in 20-30 minutes

- Bag Squats 10 reps
- Squat and Reach 10 reps
- Front Raises 10 reps
- Knee Supported 1 Arm Row 10 reps/arm
- Lunges 10 reps/side
- Split Squat and Press 10 reps/side
- Swing Throughs 10 reps
- Pullover + Chest Press 10 reps
- Weighted Seated Twist 10 reps/side
- Seated 6 Inch Hold 10 reps  
with Forward Press

If you have any questions, please email [HealthCoach@ChristianaCare.org](mailto:HealthCoach@ChristianaCare.org). You can also post direct questions on our official Teams page, "Our Healthy Lifestyle".