

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](https://cchshealthcoach.as.me)

# Episode 1

## WORKOUT ANYWHERE!

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

### **Beginner Routine**

Complete as many rounds as possible throughout the day

- 1/4 Squat (10 reps)
- Sit to Stand (10 reps)
- Elevated Push ups (10 Reps)
- Elevated Shoulder Taps (10 Reps)
- Elevated March (10 Reps)
- Elevated Leg Lifts (10 reps)
- Seated Elbow to Knee Tap (10 Reps)
- Wall Sit (aim for >30sec!)

### **Advanced Routine**

Complete as many rounds as possible throughout the day

- Full Squat (10 reps)
- Sit to Stand with reach (10 reps)
- Elevated Push ups with pause (10 Reps)
- Elevated Shoulder Taps with reach (10 Reps)
- Fast Elevated March (10 Reps)
- Elevated Leg Lifts with side kick (10 reps)
- Seated Elbow to Knee Tap with kick (10 Reps)
- Wall Sit with reach (aim for >30sec!)

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# Episode 2

## MUSCLE CARE MATTERS!

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

### Warm Up

- Small Arm Circles Forward 30 seconds
- Small Arm Circles Backward 30 seconds
- Big Arm Circles Forward 30 seconds
- Big Arm Circles Backward 30 seconds
- March in Place 1 minute
- Side to Side Stepping 1 minute

### Get Loose

- Torso Twists 30 seconds
- Alternating Knee Hug 10/leg
- Alt. Side Bend Overhead Reach 10/side
- Alternating Heel Sweeps 10/leg
- Alt. Quad Pull and Reach 10/side

### Cool Down

- Seated Low Back Stretch 30 seconds
- Seated Upper Trap Stretch 30 seconds/side
- Seated Hamstring Stretch 30 seconds/leg
- Seated Figure 4 Hip Stretch 30 seconds/leg
- Wall Lat Stretch 30 seconds/arm
- Wall Pec/Shoulder Stretch 30 seconds/arm

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# 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

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# Episode 4

## SUNNY WEATHER WORKOUT!

It's that time of year to enjoy the great outdoors!  
For this routine, all you need to find is a small grassy  
area or pavement.

### The Workout

Complete as many rounds as possible in 30-45 minutes

- Butt Kicks 15 seconds
- Walking Lunges 5 reps/side
- High Knees 15 seconds
- Hamstring Kick and Reach 5 reps/side
- Fast Feet 15 seconds
- Forward Pivot Squats 5 reps/side
- Split Squats 15 seconds/side
- Shuffle 10 reps
- Side to Side Skater Hops 10 reps/side
- Frog Jumps 10 reps

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# Episode 5

## DEEP BREATHS = BETTER REST!

A great routine to incorporate into your weekly regimen to improve flexibility & mobility and breathing technique, as well as reduce stress!

For this routine, find space large enough to comfortably lie down.

Focus on relaxing yourself as you deeply inhale through your nostrils. Once you have taken in as much air as you can tolerate, slowly exhale through pursed lips while simultaneously moving into your stretch position. Hold position until you are out of breath. Repeat.

### Active Recovery Routine

Complete 3 sets of each exercise

- Supine Diaphragm Breathing 8 Breaths
- Floor Slides 8 Breaths
- Supine Hip Twist 8 Breaths
- Hip Twist Hold with Arm Circle 8 Breaths/side
- Hamstring Pull 8 Breaths/side
- Child's Pose 8 Breaths
- 1/2 Kneeling Sit Back 8 Breaths/side
- Cobra Stretch 8 Breaths
- Deep Lunge and Twist 8 Breaths/side

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# Episode 6

## WELCOME TO KURT'S KITCHEN!

A fun exercise routine to try out before or after eating, while you are cooking, or in between trips to the kitchen!

For this routine, you will need 2 cans of soup or canned items that are similar in weight or the same (ie 2 cans of beans).

Finding some open space in your kitchen area, perform the exercises listed below in continuous fashion until finishing all 12 - that is one round!

### The Soup Can Circuit

Complete 2-3 rounds of each exercise

- Helicopter Raise 12 Reps
- External Rotations 20 Reps
- Shoulder Press Burnout 30 Reps
- Punches 1 Minute
- Squat to Overhead Swing 15 Reps
- Reverse Lunge and Pass 10 Reps/leg
- Reverse Fly 15 Reps
- Bent Over Front Raise 15 Reps
- Single Leg RDL 10 Reps/leg
- Squat Hold Forward Press 30 Seconds
- Wall Sit In Outs 30 Seconds
- Weighted Jumping Jacks 30 Seconds

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# Episode 7

## CLENDENNY'S COMMERCIAL CIRCUIT

A fun exercise routine to try out before or after streaming your TV favorites, between live TV shows and sports, or as its own separate workout!

Stay active while enjoying your TV/Show time! There is a list of nine exercises below. For this routine, choose 3 exercises. For the duration of the commercials, complete as many repetitions of the exercise as you can. Once the commercial is over, switch to the next exercise. Rest after 3 commercials.

### Your Exercise Options

Choose 3 exercises in total.

Complete each exercise per commercial length

- Plank Couch Walk
- Couch Glute Bridges
- 1/2 Sit Ups
- Rear Foot Elevated Split Squats \*\*
- Pop Squats
- 1/4 Squat Chop Walk
- Sit-To-Stands
- Inchworms
- Mountain Climbers

\*\* RFESS count as 2 exercises because movement is unilateral.

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# Episode 8

## MUSCLE ACHES? KNOT A PROBLEM!

A few equipment options you can use to help get rid of those knots and aches from general activity, strength and cardio training, and posture pain from long hours at the desk !

### Stick Roller



[Amazon \\$9.99](#)  
[Supermus Sports Stick](#)

Quadriceps	30 seconds
IT Bands	30 seconds
Hamstrings	30 seconds
Calves	30 seconds

### Foam Roller



[Amazon \\$13.99](#)  
[Prosource Foam Roller](#)

#### **On the Floor**

Mid/low Back Roll	30 seconds
Mid/low Back Hold	30 seconds

#### **Against the Wall**

Mid/low Back Roll	30 seconds
Mid/low Back Hold	30 seconds

### Theracane



[Amazon \\$29.95 Theracane](#)  
[Amazon \\$19.99 LiBa Theracane](#)

Shoulder Massage	30 seconds
Active Shoulder Release	30 seconds
Active Scap Release	30 seconds
Active Outside Shoulder	30 seconds

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# Episode 9

## BUILD YOUR OWN DECK!

A fun exercise routine to try on your own or with family and friends - just grab a deck of cards !

### Rule Play

Using a standard deck of cards, remove the jokers. Assign up to all 13 exercises to any card or suit of your choice.

You are now ready to play.

Take the deck of cards, one by one flip over the card. Whatever number/exercise assigned must be performed for that number of reps.

2's = 2 reps	7's = 7 reps	Jack's = 11 reps
3's = 3 reps	8's = 8 reps	Queen's = 12 reps
4's = 4 reps	9's = 9 reps	King's = 13 reps
5's = 5 reps	10's = 10 reps	Ace's = 14 reps
6's = 6 reps		

### Your Exercise Options

Choose a minimum of 4 exercises.

Complete each exercise for the total number of reps that is equivalent to the card value.

#### Lower Body

- Squats w/ Alt High Knee
- Wall Sit Leg Extensions
- Lateral Squat
- RDL Calf Raise
- IN-Out Run

#### Upper Body

- Elevated Plyo Push-Ups
- Alt Single Leg Body Dips
- Prone arm slides
- Bicep Hold
- Bent Over Helicopter Raise

#### Core

- Pike Taps
- Sit Outs
- Bridge to Crunch

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# Episode 10

## STAIRWAY TO STRIVE

Continue to climb up and beyond your fitness goals with a quick routine that can be done on a set of stairs!

For this routine, find a few stairs in your home, apartment building, workplace, or even outside to help keep you moving and change the pace of your usual workouts.

Remember to take your time with each exercise, become comfortable with the movements on the stairs before increasing your speed and/or agility.

### The Workout

Complete each exercise for a total routine time of anywhere between 20-45 minutes.

- High Knee Step-Ups 10 reps/leg
- Incline Push-Ups 15 reps
- Side Lunge to Step 10 reps/leg
- Push-Up Walk 10 reps
- Calf Raises 15 reps
- Soft Box Jump Repeat 10 reps
- Up-Back Run 10 reps
- Incline Mountain Climbers 15 reps/leg
- Side High Knee Ups Stairs 5 reps/side
- Full Flight Run 5 reps

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# Episode 11

## CHA CHA SLIDE AND GLIDE ROUTINE

This exercise routine can be executed on either hardwood flooring or carpet.

If you have access to a hardwood floor, using materials like a table cloth, napkins, spare t-shirts, and socks will work well as alternative gliders.

If you do not have access to hardwood flooring, you can still follow this workout on carpet by purchasing gliders. An example pair of gliders for sale on amazon is shown below.



Tumbl Trak

\$9.95

### The Workout

For each exercise, perform as many reps as you can within 15 seconds. Once every exercise is complete, rest and start again.

Try to get as many rounds in 30 minutes.

1. Single Arm Clock Planks - Right Hand
2. Mountain Climbers
3. Single Arm Clock Planks - Left Hand
4. Alternating Donkey Kicks
5. Pikes
6. Hamstring Curls or Modification
7. Glute Bridge Hold
8. Body Saws
9. Plank Jacks
10. Single Arm Wheelbarrows

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# Episode 12

## DOOR FRAME FITNESS

Always knock on a closed door... someone could be working out behind it!

For this routine, find a door that is able to shut completely and has enough space available for you to complete each exercise. Before starting this workout, grab a bed sheet and tie a tight knot in the middle of the sheet - ensuring it will not slip through the door while exercising.

Take the newly tied bed sheet, place onto the top of the door in the middle and close the door making sure the tails are facing out on the side of the door that does not open towards you. Doing so will keep the bed sheet stable throughout the workout and prevent the door from opening, which could possibly cause injury!

### The Workout

- Angled Row 15 reps
- Reverse Fly 10 reps
- Bicep Curls 10 reps
- Squats 15 reps
- Single Leg Squats 10 reps/leg
- Single Leg Hinge and Reach 10 reps/leg
- Chest Press 15 reps
- Tricep Extensions 10 reps
- Chest Flys 10 reps
- Overhead Reach Hold 30 seconds

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# Episode 13

## PORCH PERFORMANCE

Nothing is better than sunny weather ... well, except getting a great workout in on your porch!

For this routine, access to an area outside with some flat land, stairs, and a deck or porch will work great. We understand everyone does not have this type of access. If you can find access to a set of open stairs outdoors, then this routine can still work! You can adjust this workout to complete the porch/deck exercise portion at the top of the stairs.

You will also need materials like a table cloth, napkins, spare t-shirts, or socks that will work well as alternative gliders.

### The Workout

Complete all the rounds in one group before moving onto the next. Once all three are finished, the workout is over.

#### Group 1: 4 rounds

- Fast Feet 10 Seconds
- Shuffle 10 Seconds
- Jump Squats 10 Seconds

#### Group 2: 3 rounds

- Alternating Stair Lunges w/ Knee Drive 5 reps/leg
- Incline Push-Ups 6 reps
- Stair Dips 10 reps

#### Group 3: 2 rounds

- Glider Mountain Climbers 15 Seconds
- Glider Body Saws 15 Seconds

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# Episode 14

## GALLON GAINS!

Grab those water jugs or liquid containers. Fill them up to your pleasure and watch those muscles grow!

The only equipment you will need for this routine is a couple gallon jugs of water, or empty gallons of milk, or another option that comes with its own handle - then fill up the gallons.

The gallons are very easy to adjust the weight! Filling a water gallon up completely comes out to about 8 lbs. Adjust the weight accordingly.

Once you find a comfortable weight to work with, begin the exercise routine!

### The Liquid Lift Routine

Complete each exercise for 2-3 total sets.

- Bent Over Row with Pause 12 reps
- Pause Squat 12 reps
- Alternating Curl + Curl 10 reps
- RDL High Pull Calf Raise 12 reps
- Split Squat Shoulder Press 10 reps/side
- Side Bend 15 reps/side
- Shrug with Pause 15 reps
- High Knee Twist 20 reps/side
- Single Arm Chest Press 15 reps/side
- Plank with Arm Slider 12 reps/side

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# Episode 15

## STRETCH IN YOUR SEAT!

Using deep diaphragmatic breathing techniques from a previous episode, take a quick break and follow this routine... all while remaining in your chair.

Most jobs have us sitting all day - disrupting proper posture and causing our posterior chain to become overworked resulting in the upper body to become rounded, potentially leading to stiffness and discomfort.

So lets fix it! Take some time away from the work and readjust your body and mind by following this chair routine.

### The Workout

Focus on relaxing your body during each exercise by incorporating deep breathing into the movements. Move down the exercise list until finished. Complete a total of 2 rounds.

- Lateral Neck Stretch 15 seconds
- Shoulder Circles 15 seconds
- Overhead Lat Stretch 15 seconds
- Slow Close Grip Rows 15 seconds
- Full Shoulder Rolls 15 seconds
- Alternating Steps 15 seconds
- Trunk Rotation 15 seconds
- Captain's Chair 15 seconds
- Seated Jumping Jacks 15 seconds
- Skater Switch 15 seconds
- Seated Forward Bend 15 seconds
- Knee to Chest 15 seconds
- Ankle Rotation 15 seconds
- Sit and Reach 15 seconds

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# Episode 16

## IT'S AB-OUT TIME!

A fun ab routine that will only last 5 minutes!

FOR THIS ROUTINE, MAKE SURE YOU ARE READY TO KEEP TRACK OF TIME. USE A STOPWATCH, YOUR PHONE TIMER, OR KEEP A CLOCK IN THE AREA.

YOU HAVE TWO OPTIONS TO APPROACH THIS ROUTINE:

1. Complete all 10 ab exercises in the list below for as many repetitions as possible in 15 seconds. Once you reach 15 seconds, switch to the next exercise until all 10 exercises are complete. Then repeat. This will bring you to a 2 round total of 5 minutes.
2. Choose 5 ab exercises from the list below. Complete as many repetitions as possible in 30 seconds. Once you reach 30 seconds, switch to the next exercise. Then repeat. This will bring you to a 2 round total of 5 minutes

### The Exercises

Regular Crunch  
Straight Leg Crunch  
Leg Flutters  
Heel Touches  
Seated Kick Outs  
Seated Twist  
Seated 6 Inch Hold  
Oblique Crunch (R)  
Oblique Crunch (L)  
Alternating Single Leg V Ups

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# Episode 17

## LEG'S BE HONEST

Leg day.. it isn't everyone's "cup of tea" but the results are LEGendary!

This leg routine is a Tabata style workout. Tabata sessions consist of 20 seconds of maximum-exertion training followed by 10 seconds of recovery. Repeat the process eight times for one four-minute Tabata.

This routine should last you 30-45 minutes. Make sure to start the exercises slow until you are comfortable adding speed to your repetitions. This workout is meant to make you sweat!

### The Exercises

Slow Count Squats  
SLDL to Lunge to Knee Drive (R)  
SLDL to Lunge to Knee Drive (L)  
Good Mornings to (3) Calf Raises  
Side Lunge to Pop Squat  
5 Second Fire Feet to Shuffle  
Open Gate/Close Gate to (3) Donkey Kicks

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# Episode 18

## UPPER BODY BUILD

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

This routine is a complete - no equipment needed- upper body focused workout!

Practice slow movement repetitions for each exercise to maximize muscle growth and endurance.

### The Workout

Complete each exercise for 2-3 total sets.

- Close Grip Incline Pushups 12 reps
- 4 Point Overhead Reaches 10 reps/side
- Prone T's with Hold 10 reps
- Prone Field Goals 15 reps
- Renegade Row 15 reps/side
- Lateral Pushup Walk 5 laps
- Bent Over Row Extended Hold 1 minute hold
- Shoulder Pushups 10 reps
- Bear Crawl to Pushup 10 reps
- Plank Ups 10 reps

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# Episode 19

## COOL DOWN WITH CLEDENNY

Focus on incorporating this routine into your daily post-activity plan.

Cooling down allows your body temperature, blood pressure, and heart rate to return to their normal levels.

Stretching your muscles while they're still warm can help to reduce lactic acid buildup, reducing your chance of muscle cramps and stiffness.

### The Routine

Focus on deep breathing while spending 15-20 sec on each exercise.

- Prone Upper Body Lift
- Quadruped Hip Rocks
- Child's Pose
- Child's Pose w/ Arm Reach
- Calf Stretch (Both Legs)
- Quadruped T-Spine Rotation (Both Sides)
- Cat Cow
- Kneeling Trunk Twists
- Kneeling Forward Arm Circles
- Kneeling Reverse Arm Circles
- Kneeling Arm Cross Overs
- Inchworm into Standing Hamstring Stretch

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# Episode 20

IT'S THE FINAL COUNTDOWN!

Grab a buddy and get ready to push each other past your limits with this fun team workout.

The season finale has arrived.

For this workout routine, we have a fun partner exercise circuit that will build overall strength and increase that endurance and caloric burn. It's perfect for any fitness goal!

## The Workout

Complete each exercise for 1 round.

- Partner Push Up Clap 10 reps
- Wheelbarrow Walk 30 feet
- Wheelbarrow Squat 10 reps
- Partner Leg Press 10 reps
- Plank Hold w/ Lateral Hops 10 reps/side
- Partner Single Leg V-Ups 10 reps/side
- Leg Raises Throwdown 5 reps/direction
- Partner Hamstring Curl 10 reps
- Wall Sit Tricep Dips 10 reps
- Lateral Burpee Hop Over 5 reps/direction

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