

# The No-Gym Workout for Busy Folks

If you're a parent or somebody who just doesn't have the time (or money?) to go to the gym, then this workout will be your lifesaver. It will also remove all excuses you may have to avoid working out.

The workout was designed for non-gym goers. The seven-day workout can be repeated for as long as you desire. We suggest that you keep it up for at least 12 weeks before you alternate to a different routine. Routine alternation is key to avoiding plateau and boredom.

You will need a set of weights (5-10 pounds), a resistance band, or a few heavy objects. One of our mothers used their infant on some of the exercises!

Of course, you could do the exercises that require weights without them and you will tone your muscles, but you won't see an extensive muscle gain. We had two women try this workout, one with weights and the other without weights, and both saw an increase in muscle tone.

## Mondays:

### Cardio:

- 4 mile bike ride with child (she rides in a bicycle trailer)

### Strength:

- Pushups: 25
- Dumbbell Flyes: 3 sets of 12 repetitions
- Situps: 45
- Flat bench Press: 3 sets of 12 repetitions

## Tuesdays:

### Cardio:

- 3 mile jog with child in the jogging stroller

### Strength:

- Squats: 3 sets of 12 repetitions
- Lunges: 3 sets of 12 repetitions
- Calf Raises: 3 sets of 12 repetitions

## Wednesdays:

### Cardio:

- 4 mile bike ride with child (she rides in a bicycle trailer)

### Strength:

- Pushups: 25
- Situps: 45

## Thursdays:

### Cardio:

- 3 mile jog with the child in the jogging stroller

### Strength:

- Hammer curls: 3 sets of 12 repetitions
- Incline dumbbell curls: 3 sets of 12 repetitions

## Fridays:

### Cardio :

- 4 mile bike ride with child (she rides in a bicycle trailer)

### Strength:

- Pushups: 35
- Situps: 60
- Tricep extensions: 3 sets of 12 repetitions
- Tricep kickbacks: 3 sets of 12 repetitions
- Dips: 3 sets of 12 repetitions

## Saturdays:

### Cardio:

- 3 mile jog with the child in the jogging stroller

### Strength:

- Dumbbell Lateral Raises: 3 sets of 12 repetitions
- Rear Lateral Raises: 3 sets of 12 repetitions
- Dumbbell Shoulder Press: 3 sets of 12 repetitions

Sundays:

Cardio:

- Long walk with child, roughly 30-90 minutes

Strength:

- None, Rest