

NO

EQUIPMENT,

NO

PROBLEM.

**30 unique body weight workouts you can do at home,
at the park, or pretty much anywhere.**

NO EQUIPMENT, NO PROBLEM

The title says it all, but you probably want a few more details.

Here's the scenario:

You're doing your normal workout thing at the gym.

All of a sudden, a global pandemic breaks out.

Everything closes, including your gym.

Everything goes out of stock, including all home workout equipment.

(That's a bit exaggerated - you could probably find creative DIY options)

(Back to the point, though.)

You have big goals, and no equipment to help you achieve them.

Well, you have two options.

One is to throw in the towel, make some excuses, and ride this thing out.

The other, in contrast, is to embrace your new circumstances.

To embrace your lack of exercise equipment.

And to embrace your massive opportunity to stay in great shape right now.

(Heck, now is a massive opportunity to *get* in great shape, too!)

Anyway, we're partial to Option 2.

Good luck, and have fun!

THE RULES

There are no rules here.

You can use these workouts however you'd like.

There are 30 unique workouts here in this e-book.

You can cross them off one by one.

You can skip around and repeat the ones you love most.

You can do the ones with the names that make you laugh the hardest.

(Each workout name was chosen via a random word generator.

“The + [Random Adjective] + [Random Food]”

Why?

Why not? It's fitness, let's have some fun yeah?)

There are 30 unique workouts here in this e-book.

If you do 3-4 workouts per week, this guide should last you 7-10 weeks.

If your gym isn't open by then, you can run through these again.

Or you can check out any of the other full-length Locker Room programs.

You have lots of choices, and the important thing is to make one.

“If you choose not to decide, you still...”

That would make for a great song lyric.

WORKOUT #1:

THE RATTY RASPBERRY

5 Sets

30 Seconds per exercise

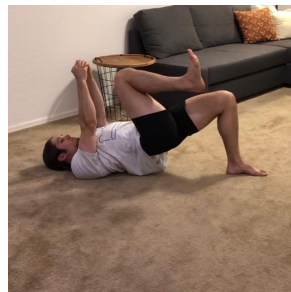
10 Seconds rest between exercises

30 Seconds rest after each set

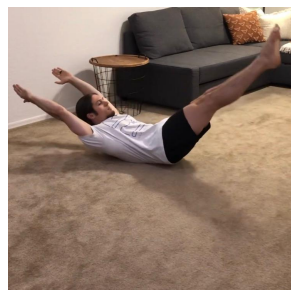
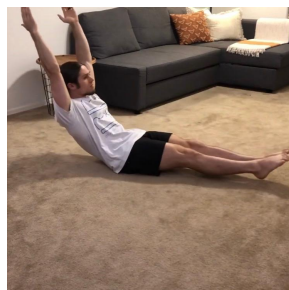
Shoulder Tap



Marching Glute Bridge



Hollow Rock



WORKOUT #2:

THE PINK PIZZA

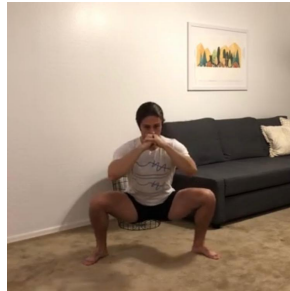
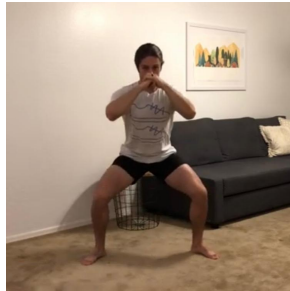
10 Sets

10 Reps per exercise

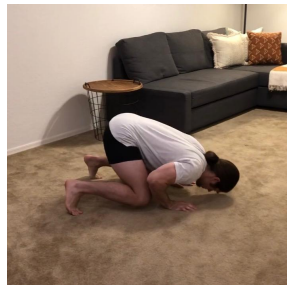
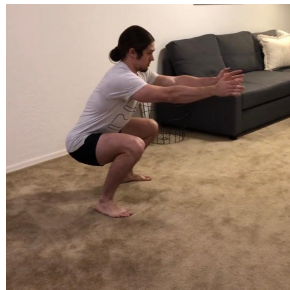
No rest between exercises

No rest after each set

1.5 Rep Sumo Squat



Squat to Push-Up



Frog Pump



WORKOUT #3:

THE WISE WAFER

5 Sets

30 Seconds per exercise

No rest between exercises

30 Seconds rest after each set

Mountain Climber



Jumping Split Squat



Crab Toe Touch



WORKOUT #4:

THE ANCIENT APRICOT

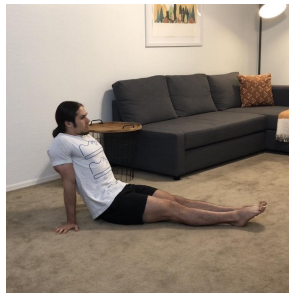
5 Sets

30 Seconds per exercise

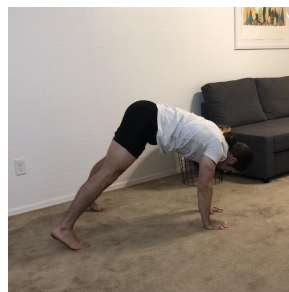
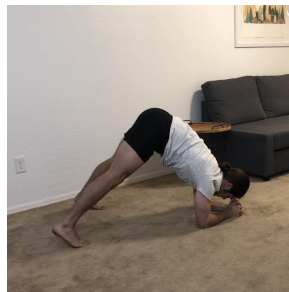
No rest between exercises

30 Seconds rest after each set

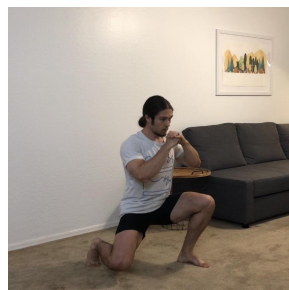
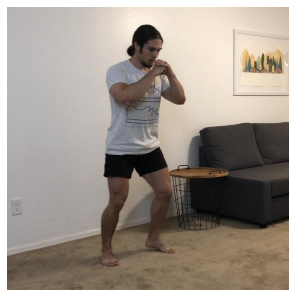
Reverse Plank Hip Drop



Pike Up-Down



Forward Crouch



WORKOUT #5:

THE NOSTALGIC NOODLE

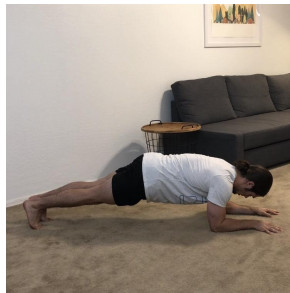
10 Sets

10 Reps per exercise (per side)

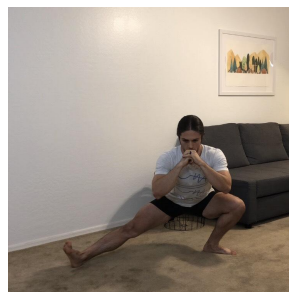
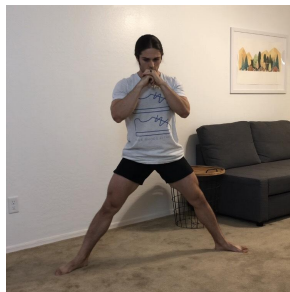
No rest between exercises

No/minimal rest after each set

Sphinx Push-Up



Half Cossack Squat



Plank March



WORKOUT #6:

THE DASHING DONUT

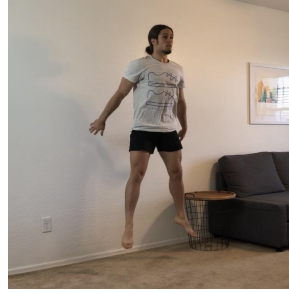
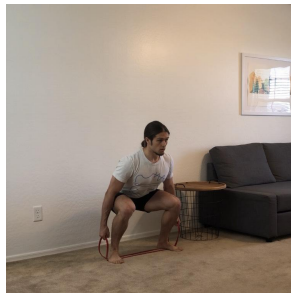
10 Minute EMOM

Set timer for 10 minutes

5 Reps per exercise (per side) at top of each minute

Rest for remainder of each minute

Jump Squat



Crab Toe Touch



WORKOUT #7:

THE SASSY SARDINE

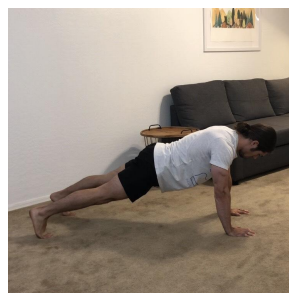
5 Sets

30 Seconds per exercise

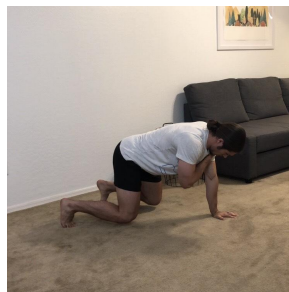
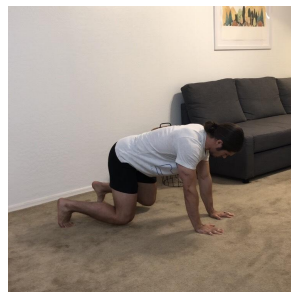
No rest between exercises

30 Seconds rest after each set

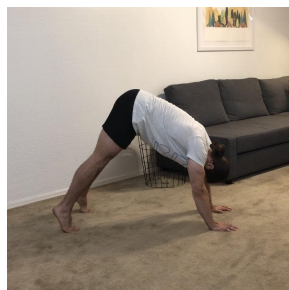
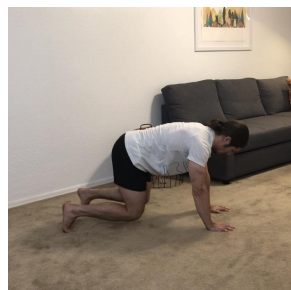
Bear Climber



Bear Shoulder Tap



Bear Pike



WORKOUT #8:

THE EMOTIONAL EMPANADA

6 Sets (3 per side)

30 Seconds per exercise

10 Seconds rest between exercises

30 Seconds rest after each set

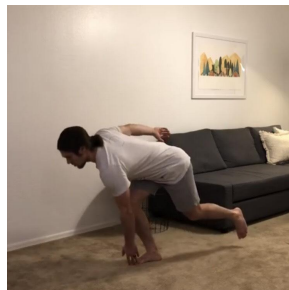
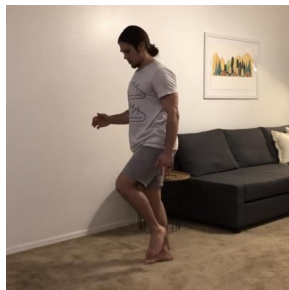
Single-Leg Hip Thrust



Side Plank Hip Drop



Shrimp Squat/Toe Touch



WORKOUT #9: THE HARSH HAMBURGER

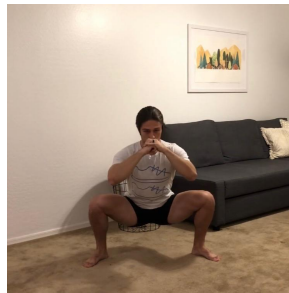
15 minute EMOM

Alternate exercises each minute

15 reps per exercise (per side)

Rest for remainder of each minute

1.5 Rep Sumo Squat



Shoulder Tap



Rotational Plank Hip Drop



WORKOUT #10: THE BELLIGERENT BREADSTICK

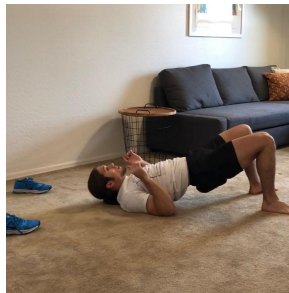
20 minute EMOM

Alternate exercises each minute

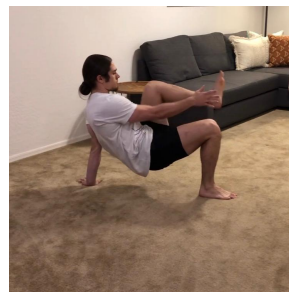
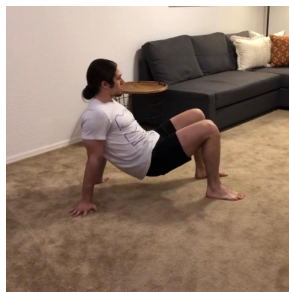
10 reps per exercise (per side)

Rest for remainder of each minute

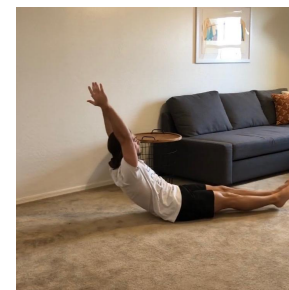
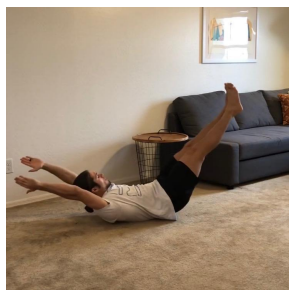
Pivot Hip Thrust



Crab Toe Touch



Hollow Rock



WORKOUT #11:

THE LOOSE LYCHEE

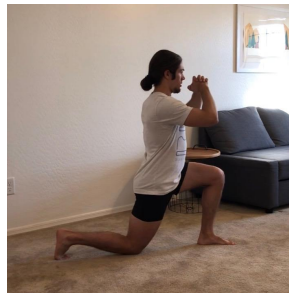
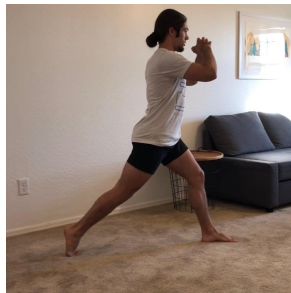
10-1 rep ladder

Complete 10 reps of each exercise

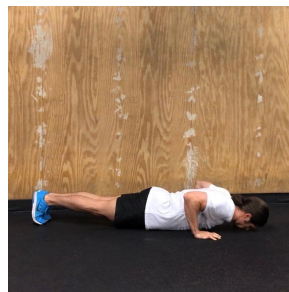
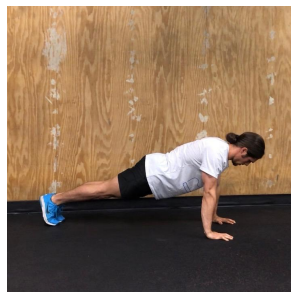
Each circuit, decrease sets by 1 rep

i.e. 10 reps, 9 reps, 8 reps, etc.

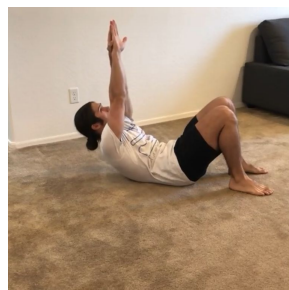
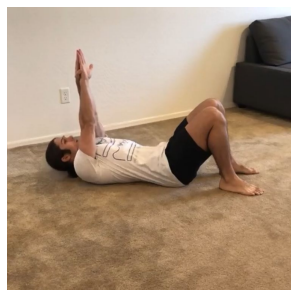
Split Squat



Push-Up



Abdominal Reach



WORKOUT #12:

THE CURVY CASHEW

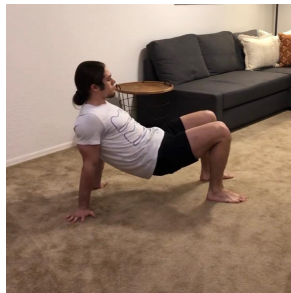
5 Sets

30 Seconds per exercise

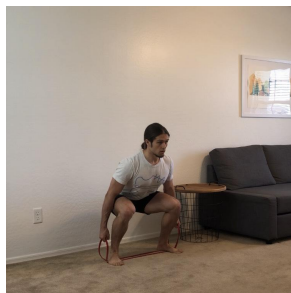
No rest between exercises

30 Seconds rest after each set

Crab Toe Touch



Jump Squat



WORKOUT #13:

THE AROMATIC ALMOND

1-10 rep ladder

Complete 1 rep/side of each exercise

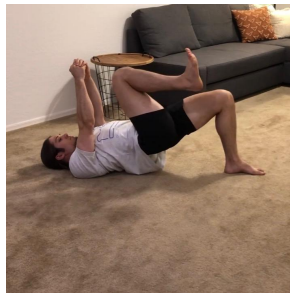
Each circuit, increase sets by 1 rep

i.e. 1 rep, 2 reps, 3 reps, etc.

Side Plank Hip Drop



Marching Glute Bridge



Shoulder Tap



WORKOUT #14:

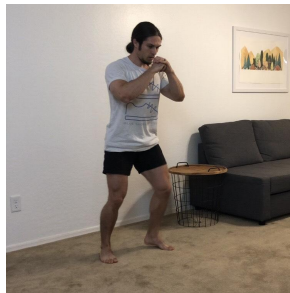
THE SLEEPY SANDWICH

Start a stopwatch

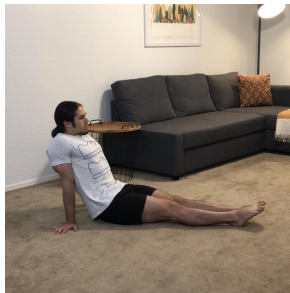
Complete 50 reps (per side) of each exercise as fast as possible

Rest as needed, alternate exercises as needed

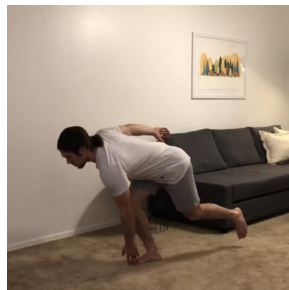
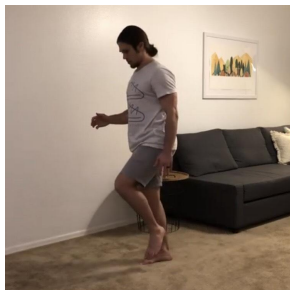
Forward Crouch



Reverse Plank Hip Drop



Shrimp Squat/Toe Touch



WORKOUT #15: THE JOLLY JALAPEÑO

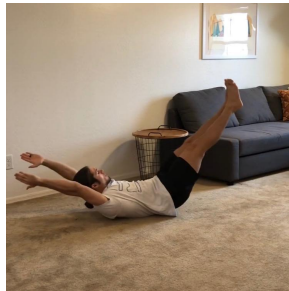
5 Sets

15 Reps per exercise

No rest between exercises

No/Minimal rest after each set

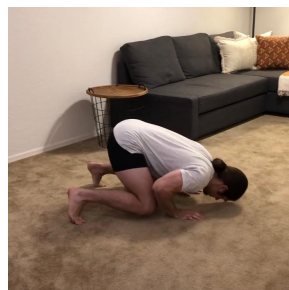
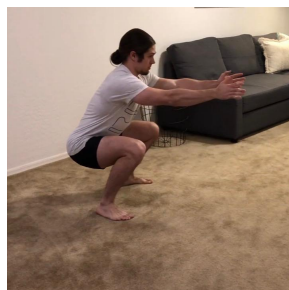
Hollow Rock



Frog Pump



Squat to Push-Up



WORKOUT #16:

THE TEMPORARY TANGERINE

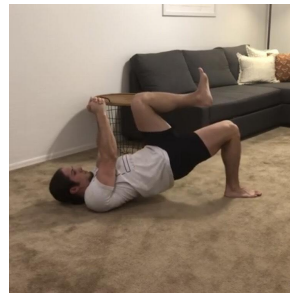
5 Sets

10 Reps (per side) per exercise

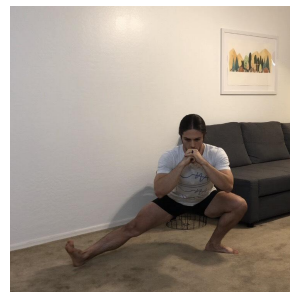
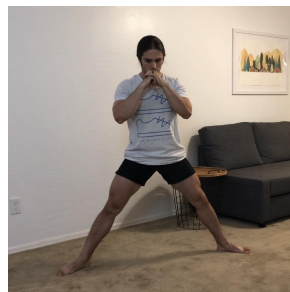
No rest between exercises

No/Minimal rest after each set

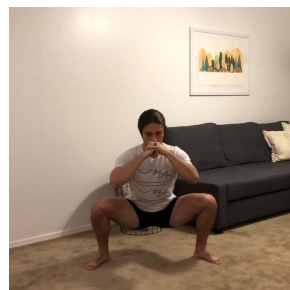
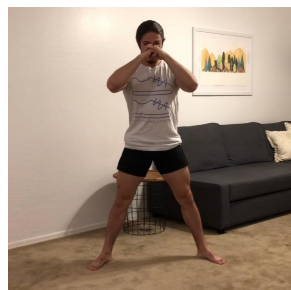
Single-Leg Hip Thrust



Half Cossack Squat



1.5 Rep Sumo Squat



WORKOUT #17: THE OVERJOYED OMELETTE

5 Sets

10 Reps (per side) per exercise

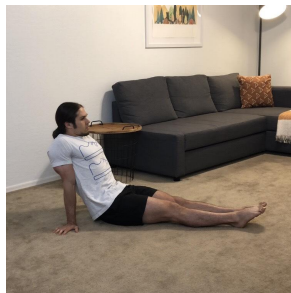
No rest between exercises

No/Minimal rest after each set

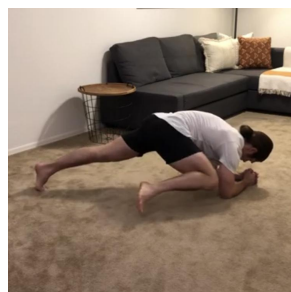
Shoulder Tap



Reverse Plank Hip Drop



Knee-to-Elbow Plank



WORKOUT #18:

THE FESTIVE FAJITA

20 Minute EOMOM

Set timer for 20 minutes

Complete 60 seconds of exercise at top of each odd minute

Rest during each even minute

Mountain Climber



*** Sub with Slider Mountain Climbers if sliders are available

WORKOUT #19:

THE LAVISH LENTIL

2-20 rep ladder

Complete 2 reps of each exercise

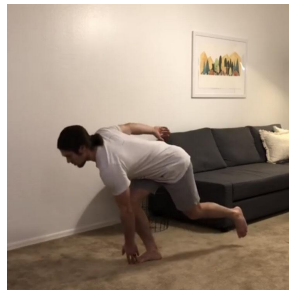
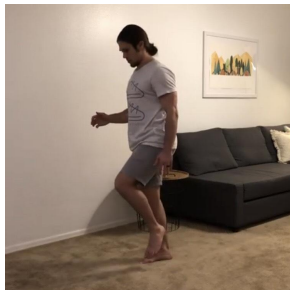
Each circuit, increase reps by 2

i.e. 2 reps, 4 reps, 6 reps, etc.

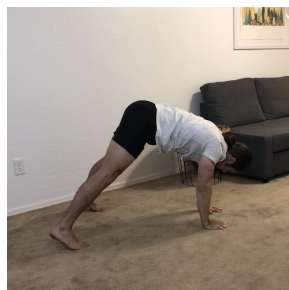
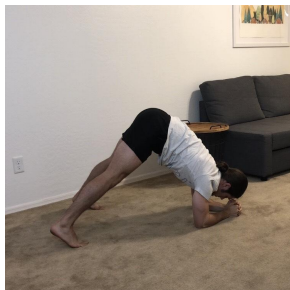
Abdominal Reach



Shrimp Squat/Toe Touch



Pike Up-Down



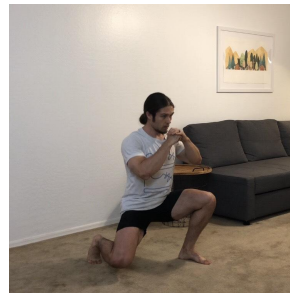
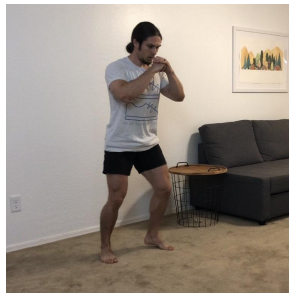
WORKOUT #20: THE GRATEFUL GARLIC

5 Sets

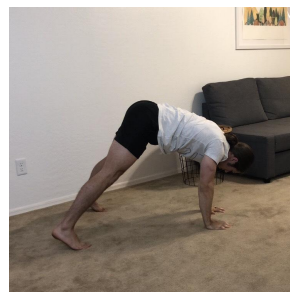
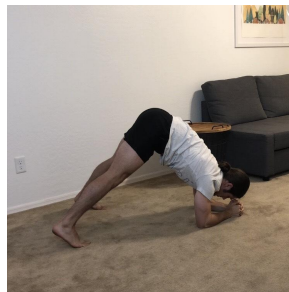
10-15-20-15-10 Reps (per side)

30 Seconds rest after each set

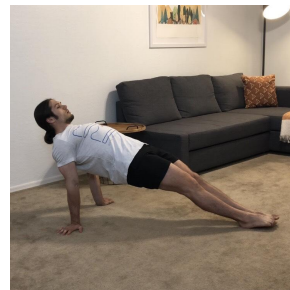
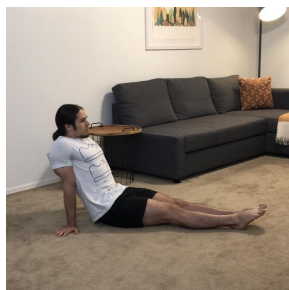
Forward Crouch



Pike Up-Down



Reverse Plank Hip Drop



WORKOUT #21: THE MYSTERIOUS MUESLI

10 Sets

10 Reps per exercise (per side)

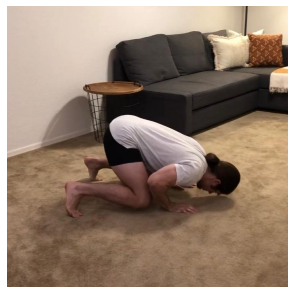
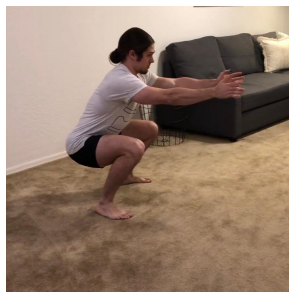
No rest between exercises

No/minimal rest after each set

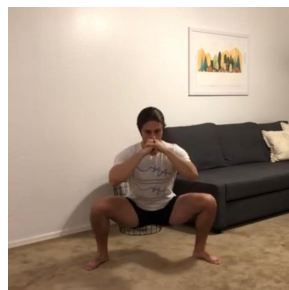
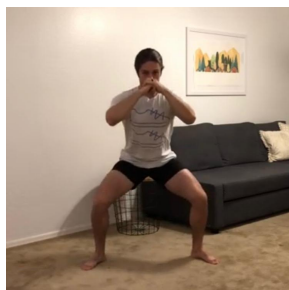
Frog Pump



Squat to Push-Up



1.5 Rep Sumo Squat



WORKOUT #22: THE WARY WATERMELON

5 Sets

15 Reps per exercise

No rest between exercises

No/Minimal rest after each set

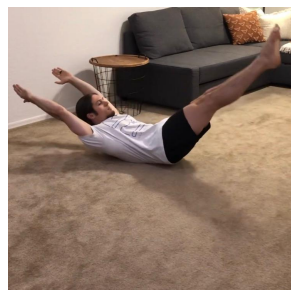
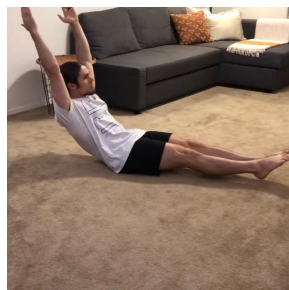
Shoulder Tap



Marching Glute Bridge



Hollow Rock



WORKOUT #23

THE HISTORICAL HALOUMI

Start a stopwatch

Complete 50 reps (per side) of each exercise as fast as possible

Rest as needed, alternate exercises as needed

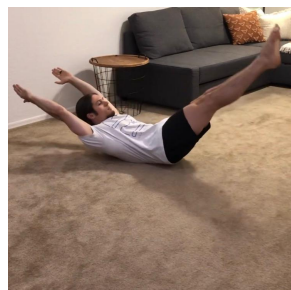
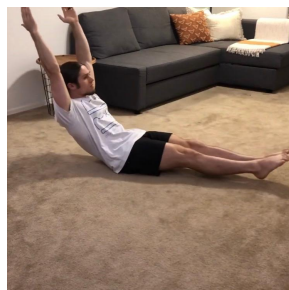
Shoulder Tap



Marching Glute Bridge



Hollow Rock



WORKOUT #24:

THE MOTIONLESS MUSTARD

10 Minute EMOM

Set timer for 10 minutes

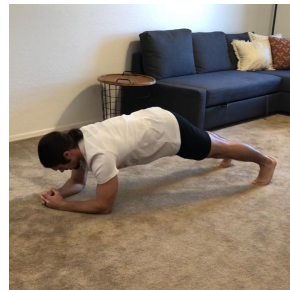
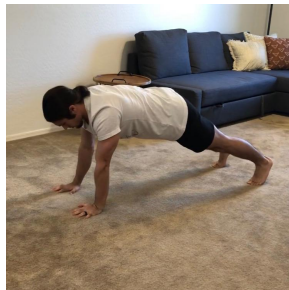
10 Reps per exercise (per side) at top of each minute

Rest for remainder of each minute

Lateral Mountain Climber



Plank Up Down



WORKOUT #25: THE CURLY CLAM

10-1 rep ladder

Complete 10 reps of each exercise

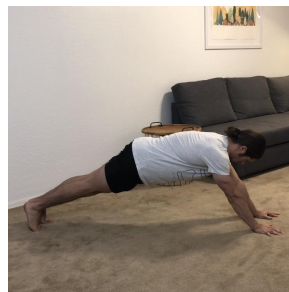
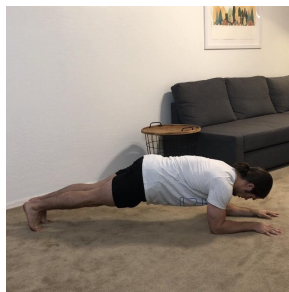
Each circuit, decrease sets by 1 rep

i.e. 10 reps, 9 reps, 8 reps, etc.

Jumping Split Squat



Sphinx Push-Up



Knee-to-Elbow Plank



WORKOUT #26: THE HANDSOME HUMMUS

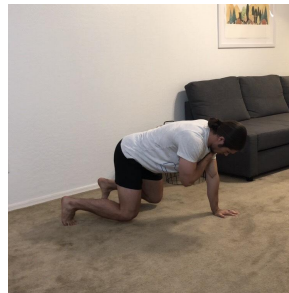
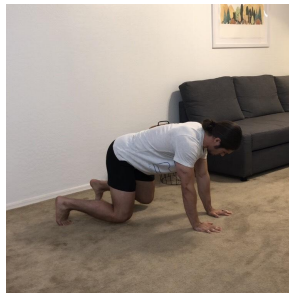
21 minute EMOM

Alternate exercises each minute

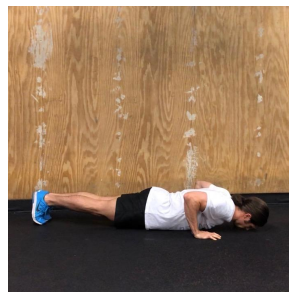
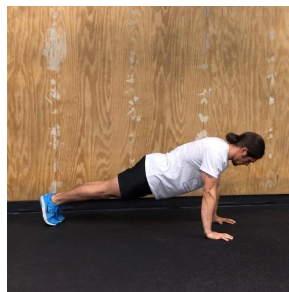
10 reps per exercise (per side)

Rest for remainder of each minute

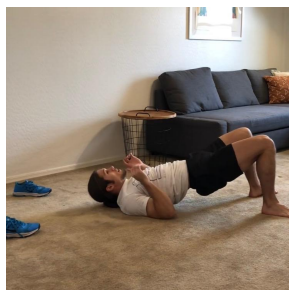
Bear Shoulder Tap



Push-Up



Pivot Hip Thrust



WORKOUT #27: THE OBEDIENT OLIVE

5 Sets

30 Seconds per exercise

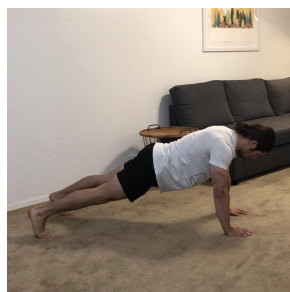
10 Seconds rest between exercises

30 Seconds rest after each set

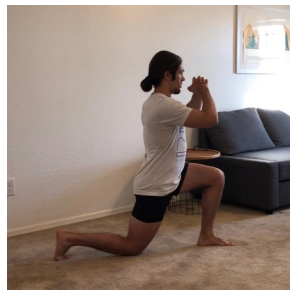
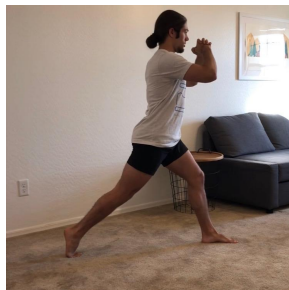
Plank March



Bear Climber



Split Squat



WORKOUT #28: THE RAMBUNCTIOUS RADISH

6 Sets

30 Seconds per exercise

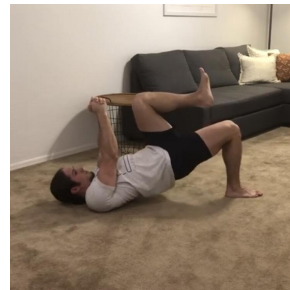
10 Seconds rest between exercises

30 Seconds rest after each set

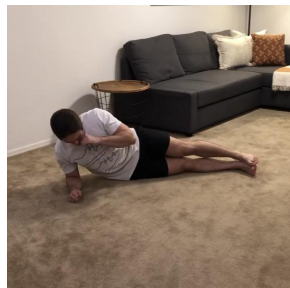
Rotational Plank Hip Drop



Single-Leg Hip Thrust



Side Plank Hip Drop



WORKOUT #29:

THE VIOLENT VERMICELLI

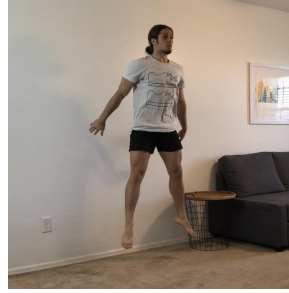
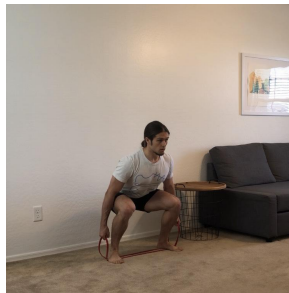
1-10 rep ladder

Complete 1 rep/side of each exercise

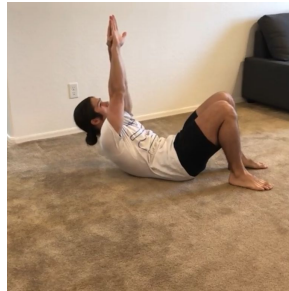
Each circuit, increase sets by 1 rep

i.e. 1 rep, 2 reps, 3 reps, etc.

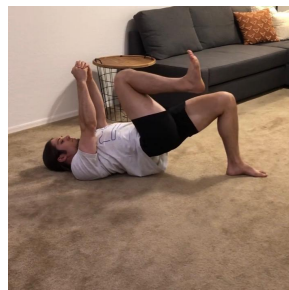
Jump Squat



Abdominal Reach



Marching Glute Bridge



WORKOUT #30: THE GABBY GUACAMOLE

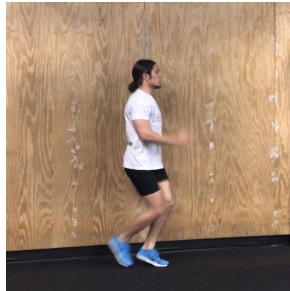
10 Minute EMOM

Set timer for 10 minutes

30 seconds work, 30 seconds rest

Alternate between both exercises

Power Skip



Mountain Climber

