

**NO EQUIPMENT,**

**NO PROBLEM,**

**ROUND 2.**

**20 (more) unique body weight workouts you can do at home, at the park, or pretty much anywhere.**

# NO EQUIPMENT, NO PROBLEM, ROUND 2

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It's back.

For Round 2.

The first "No Equipment, No Problem" program went over so well...

That we decided to add a second round in the form of this challenge here!

**Over the next 4 weeks, you'll have 20 workouts to go through.**

Yep - 28 days to complete 20 workouts, including 4 Challenge Days.

Each workout will only take a few minutes to complete, but there are tradeoffs:

**Focus.**

**Intensity.**

**Form.**

**Coordination.**

**And at the heart of this program is consistency.**

That's why we're cramming so many workouts in each week.

**The goal is to keep up the habit of working out.**

(Which may not be easy during your crazy life right now.)

(Again, that's why we're keeping things short, sweet, and to the point.)

Enjoy the program, and share it with a friend who might need some fresh ideas!

# THE RULES

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There are no rules here.

**You can use these workouts however you'd like.**

There are 20 unique workouts here in this e-book.

Our recommendation?

We have two, actually.

**First, you could take the Monday through Friday approach:**

Knock out one workout per weekday, then take the weekends off.

**Alternatively, you could take the Monday through Saturday approach:**

Take Sundays and one weekday off to split up your rest days.

You could do two workouts back-to-back on the same day, but remember:

The goal is consistency, not just breaking a sweat, or “feeling” productive.

If you want longer workouts, here's our third recommendation.

Tack on a few of your favorite exercises to the end of each workout.

Like we said, there are no rules here.

Adjust these to meet your needs, preferences, and goals.

Use them as a template to help propel you forward in your fitness journey!

Oh, and try to have a bit of fun along the way!

# WORKOUT #1

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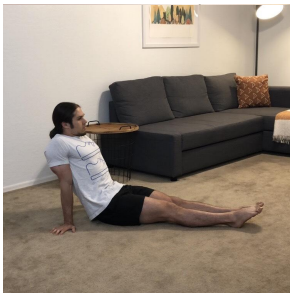
5 Sets

30 Seconds per exercise

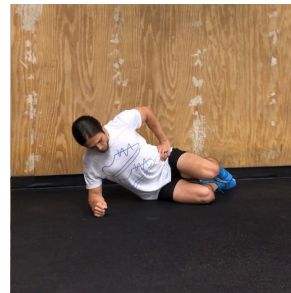
10 Seconds rest between exercises

10 Seconds rest between sets

## 1. Reverse Plank Hip Drop



## 2. Double Clamshell



## 3. Plank March



## 4. Mountain Climber



# WORKOUT #2

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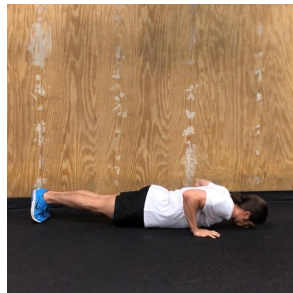
5 Sets

30 Seconds per exercise

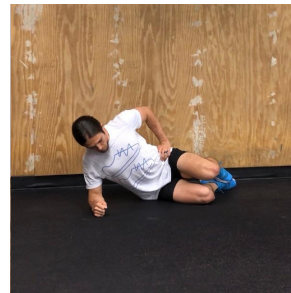
10 Seconds rest between exercises

10 Seconds rest between sets

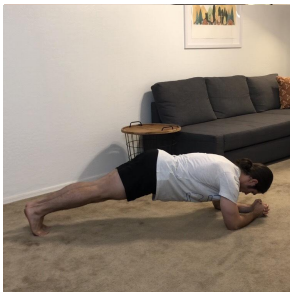
## 1. Push-Up



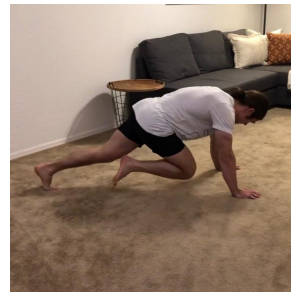
## 2. Double Clamshell



## 3. Plank March



## 4. Mountain Climber



# WORKOUT #3

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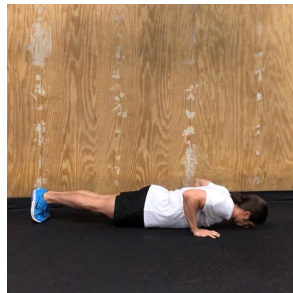
5 Sets

30 Seconds per exercise

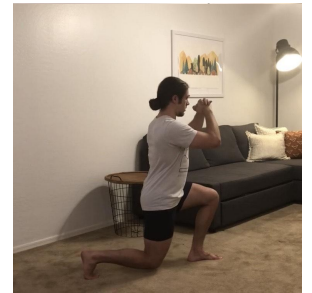
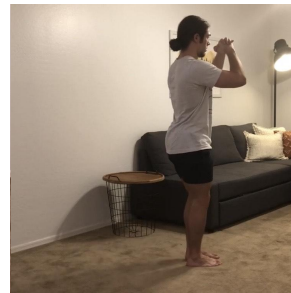
10 Seconds rest between exercises

10 Seconds rest between sets

## 1. Push-Up



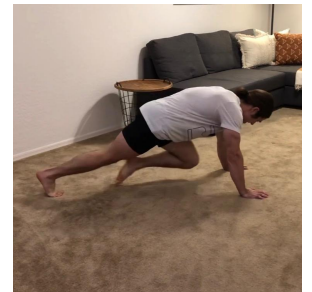
## 2. Reverse Lunge



## 3. Plank March



## 4. Mountain Climber



# WORKOUT #4

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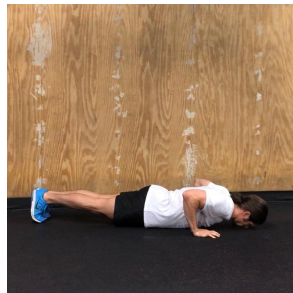
5 Sets

30 Seconds per exercise

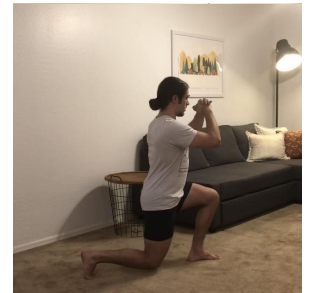
10 Seconds rest between exercises

10 Seconds rest between sets

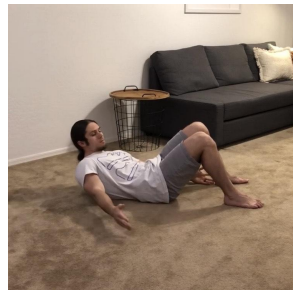
## 1. Push-Up



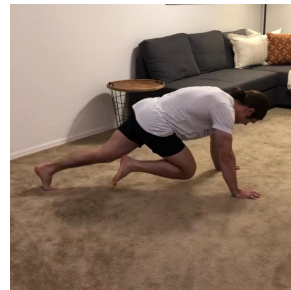
## 2. Reverse Lunge



## 3. Penguin



## 4. Mountain Climber



# CHALLENGE #5

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4 Sets

30 Seconds per exercise

30 Seconds rest after each set

## 1. Hollow Rock





# WORKOUT #6

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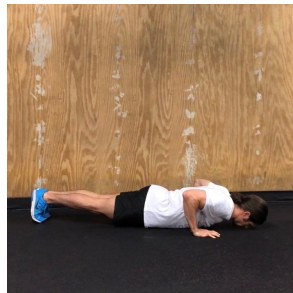
5 Sets

30 Seconds per exercise

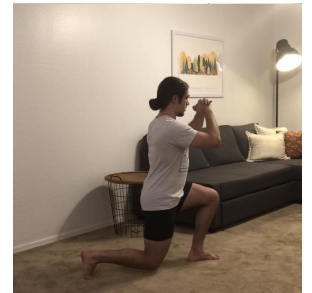
10 Seconds rest between exercises

10 Seconds rest between sets

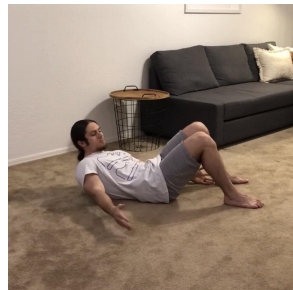
## 1. Push-Up



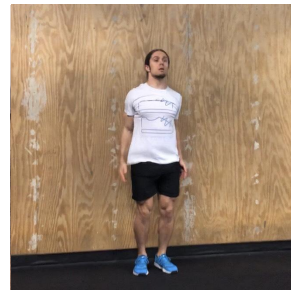
## 2. Reverse Lunge



## 3. Penguin



## 4. Jumping Jack



# WORKOUT #7

5 Sets

30 Seconds per exercise

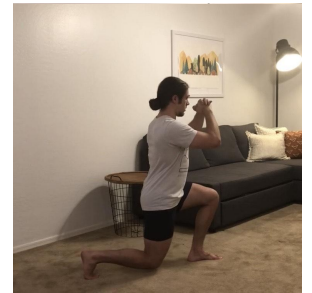
10 Seconds rest between exercises

10 Seconds rest between sets

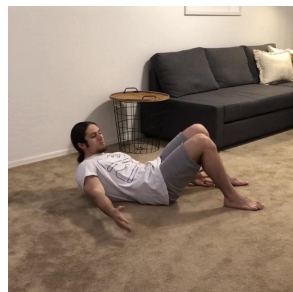
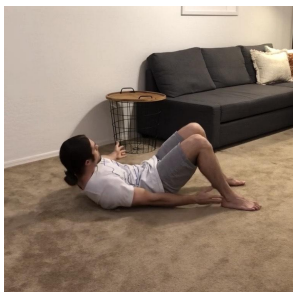
## 1. Butterfly



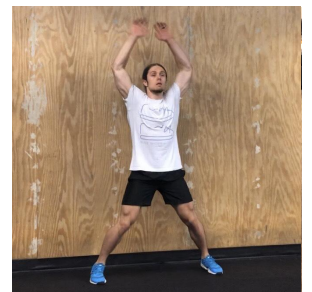
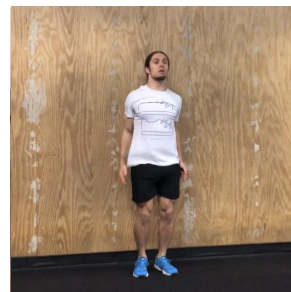
## 2. Reverse Lunge



## 3. Penguin



## 4. Jumping Jack



# WORKOUT #8

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5 Sets

30 Seconds per exercise

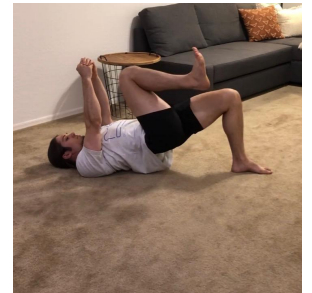
10 Seconds rest between exercises

10 Seconds rest between sets

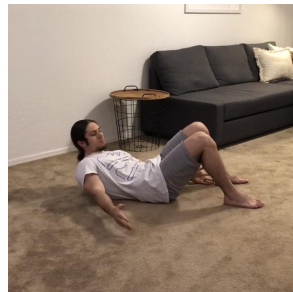
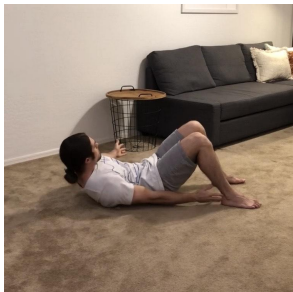
## 1. Butterfly



## 2. Glute Bridge March



## 3. Penguin



## 4. Jumping Jack



# WORKOUT #9

---

5 Sets

30 Seconds per exercise

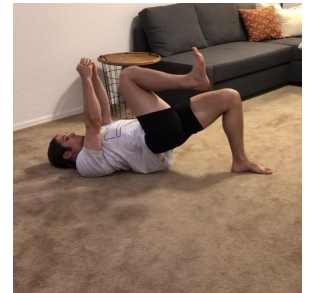
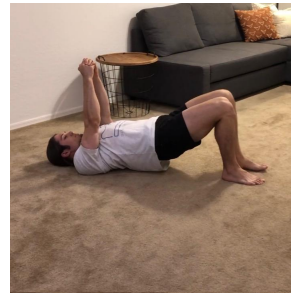
10 Seconds rest between exercises

10 Seconds rest between sets

## 1. Butterfly



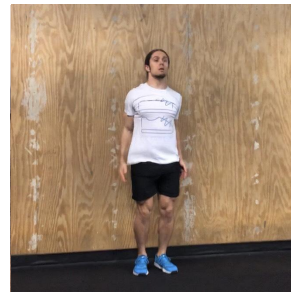
## 2. Glute Bridge March



## 3. Rotational Plank Hip Drop



## 4. Jumping Jack



# CHALLENGE #10

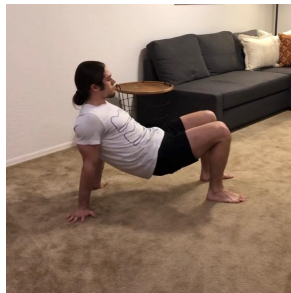
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4 Sets

30 Seconds per exercise

30 Seconds rest after each set

## 1. Crab Toe Touch



# WORKOUT #11

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5 Sets

30 Seconds per exercise

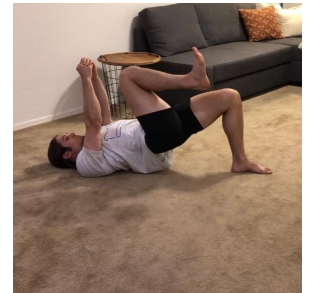
10 Seconds rest between exercises

10 Seconds rest between sets

## 1. Butterfly



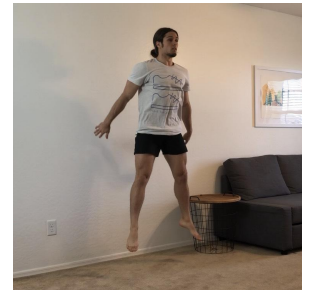
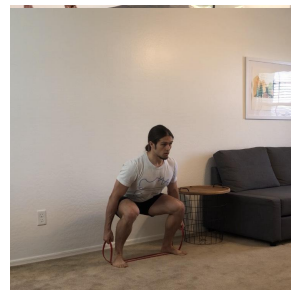
## 2. Glute Bridge March



## 3. Rotational Plank Hip Drop



## 4. Squat Jump



# WORKOUT #12

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5 Sets

30 Seconds per exercise

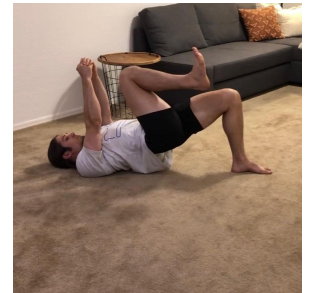
10 Seconds rest between exercises

10 Seconds rest between sets

## 1. Pike Push-Up



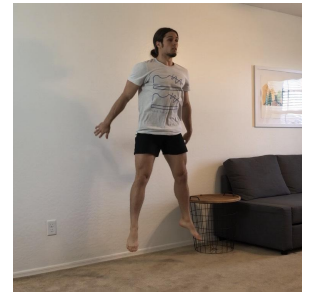
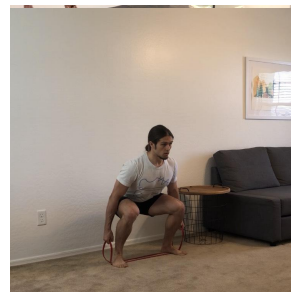
## 2. Glute Bridge March



## 3. Rotational Plank Hip Drop



## 4. Squat Jump



# WORKOUT #13

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5 Sets

30 Seconds per exercise

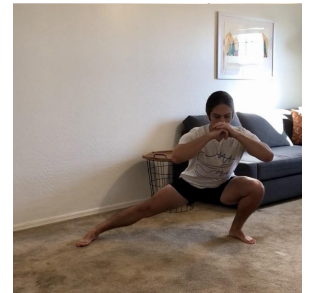
10 Seconds rest between exercises

10 Seconds rest between sets

## 1. Pike Push-Up



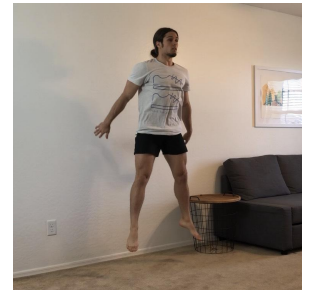
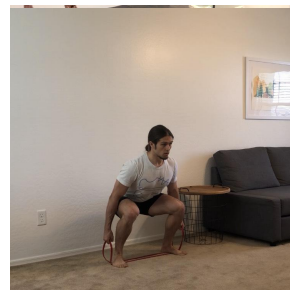
## 2. Side Lean



## 3. Rotational Plank Hip Drop



## 4. Squat Jump





# WORKOUT #14

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5 Sets

30 Seconds per exercise

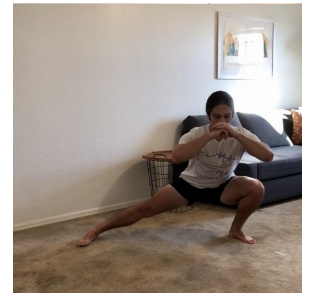
10 Seconds rest between exercises

10 Seconds rest between sets

## 1. Pike Push-Up



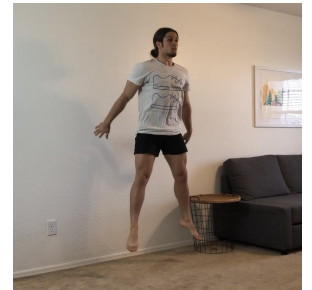
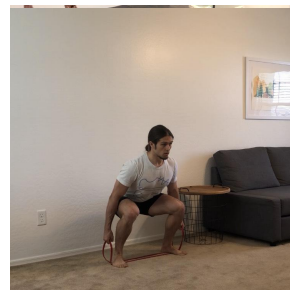
## 2. Side Lean



## 3. Reverse Crunch



## 4. Squat Jump



# CHALLENGE #15

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4 Sets

30 Seconds per exercise

30 Seconds rest after each set

## 1. Bear Climber



# WORKOUT #16

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5 Sets

30 Seconds per exercise

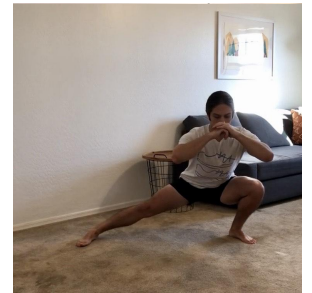
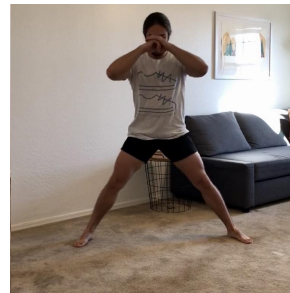
10 Seconds rest between exercises

10 Seconds rest between sets

## 1. Pike Push-Up



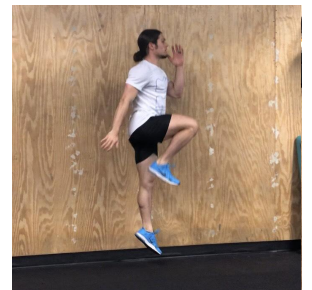
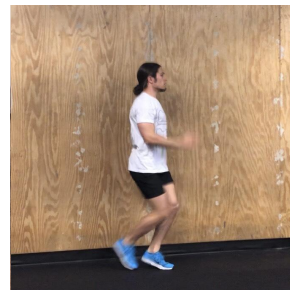
## 2. Side Lean



## 3. Reverse Crunch



## 4. Power Skip



# WORKOUT #17

---

5 Sets

30 Seconds per exercise

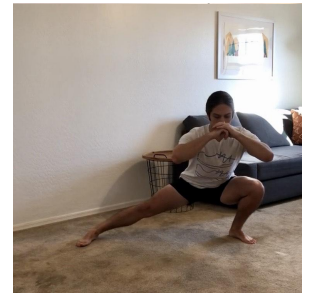
10 Seconds rest between exercises

10 Seconds rest between sets

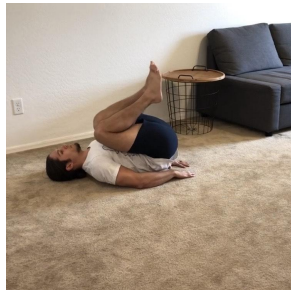
## 1. Shoulder Tap



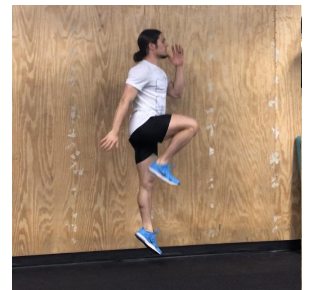
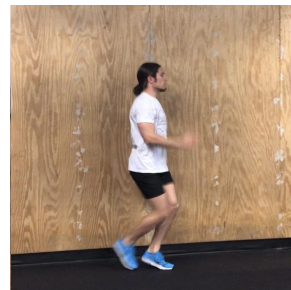
## 2. Side Lean



## 3. Reverse Crunch



## 4. Power Skip



# WORKOUT #18

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5 Sets

30 Seconds per exercise

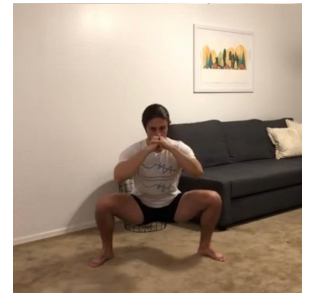
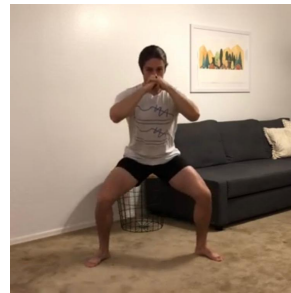
10 Seconds rest between exercises

10 Seconds rest between sets

## 1. Shoulder Tap



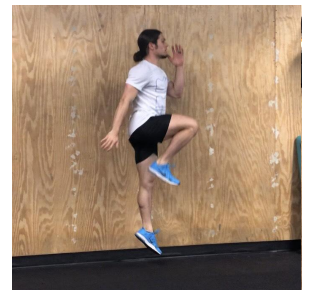
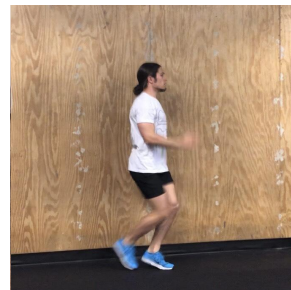
## 2. 1.5 Rep Sumo Squat



## 3. Reverse Crunch



## 4. Power Skip



# WORKOUT #19

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5 Sets

30 Seconds per exercise

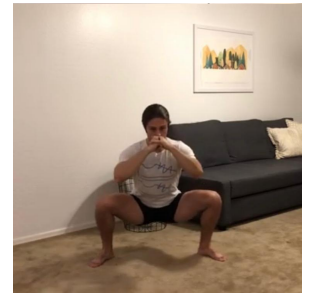
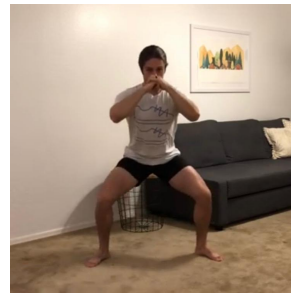
10 Seconds rest between exercises

10 Seconds rest between sets

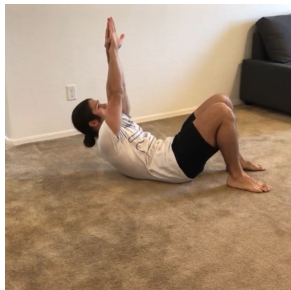
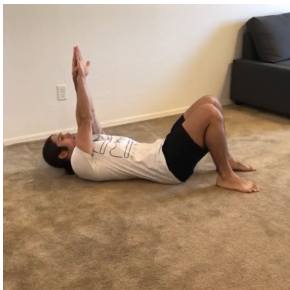
## 1. Shoulder Tap



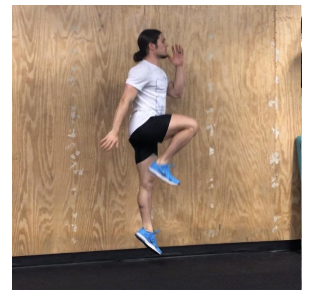
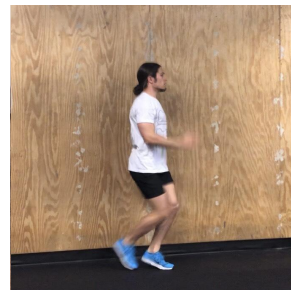
## 2. 1.5 Rep Sumo Squat



## 3. Abdominal Reach



## 4. Power Skip



# CHALLENGE #20

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4 Sets

30 Seconds per exercise

30 Seconds rest after each set

## 1. Pivot Hip Thrust

