

## THE “NO EQUIPMENT” WORKOUT

Are you looking for new ways to exercise with little-to-no equipment--in your dorm room, the library or outside during a study break? This all-levels personal training demonstration will give you the knowledge you need to work out, stretch and even include cardio routines into a short, easy routine that you can do anywhere, anytime. This “no equipment” workout is safe for people of all fitness and skill levels. Be sure to warm up prior to exercising.

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**WARM UP SUGGESTIONS:** Walking. Jogging in place. Jump Rope. Stepping up and down on a step or safe low ledge. Arm circles. Neck circles. Anything else that gets the blood flowing and your body moving.

**DYNAMIC STRETCHING:** Before you exercise, but after you warm up: Dynamic stretching is moving while stretching. Do NOT bounce. Work all of the major muscle groups: quads, hamstrings, shoulders, back, chest, etc.

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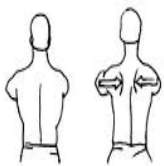
**Squats.** Place a bench or chair behind you for safety. Putting the weight in your heels, sit back, tapping the edge of the chair/bench, bending at the knees. Keep your shoulders above your hips. Stand. Repeat.



**Single Leg, Straight Leg Deadlifts.** Stand tall, with one foot on the ground. Start to hinge forward, lifting the opposite leg in the air and reaching your arms towards the floor. To modify, place a ball or object on the ground where your arms reach down as a target. Hold the leg up before standing back up. Repeat on the other leg.



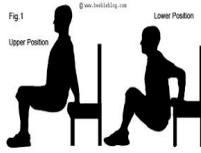
**Push-Ups.** Place your hands on ground, a little wider than shoulder-width. With straight legs or knees on the ground, lower your chest towards the floor and press back up again. Engage your abs/core so your back does not arch. Do as many as you can.



**Shoulder retraction/Core work.** Place your hands on the floor under your shoulders, with your body aligned in a straight line. Squeeze your shoulder blades together, keeping your core engaged. Separate your shoulder blades. Repeat.



**Walking Lunges.** Step one foot forward, bending that knee at 90 degrees (keep the ankle under the knee). Step your feet together, then repeat with other foot as you walk forward. Maintain good posture.



**Tricep Dips.** Place your hands on a bench or chair, bend at the elbows, lowering the hips. Raise and repeat.



**Plank.** Engage your core and hold as long as you can. To modify, place your forearms on ground.



**Side Plank.** Place a hand or forearm directly under your shoulder and hold as long as you can.

Perform each of these exercises 12-20x (be sure to do each arm/leg of the exercises is one-sided). Rest for 30 seconds between each exercise. Complete all of the exercises (this is called a “set”) before repeating them all for 2-3 sets total. Be sure to warm up properly before exercising and stretch afterward. Hold your final stretches for 20 seconds each. Breathe throughout the workout and stop any exercise if you feel pain. Drink plenty of water.

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Kerry L. Smith is a full-time NASM Certified Personal Trainer, an Assistant Fitness Manager and the Programs Coordinator at Hemenway Gymnasium. She is also a Yoga Alliance Registered Yoga Teacher (R.Y.T) and a certified ZUMBA and Schwinn spinning instructor. Kerry is currently working towards her master's degree by taking classes in Exercise and Health Science at UMASS Boston. Kerry has over twelve years of dance experience and was a member of the Fitchburg State College Dance team. She specializes in helping her clients maintain safe and correct alignment, which she draws from her yoga background. Kerry has edited several fitness, stretching and strength training books. As the Programs Coordinator, she manages Harvard-wide fitness competitions such as Pedomination, the Team Fitness Challenge, and the annual Biathlon, among others. Kerry is available to train clients at Hemenway Gymnasium. Office: 617-495-2608. Email: [ptrainer@fas.harvard.edu](mailto:ptrainer@fas.harvard.edu)

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