

The “No Excuses” 5 Day Training Plan

No equipment? No problem! Here are 5 days of workouts you can do quickly and with no equipment.

Reach out for help:

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YOU ARE NOT ALONE!



DAY 1

WARM-UP

25 jumping jacks
15s plank hold
10 body weight
squats

WORKOUT

5 rounds for time of:
15 Knees to elbows
15 Glute Bridges
Bear Crawl 15 meters
15 Step-ups

Set a stopwatch timer on your phone:

- Move as fast as possible through each movement
- Rest between rounds, but no more than 1 minute.
- Modify movements as needed
- Cool down and stretch immediately after.
- Click [HERE](#) to see demo of this workout



DAY 2

WARM-UP

2 Rounds:

1:00 light jog or jump jacks

30s shoulder taps

20s body weight squats

WORKOUT

10 rounds for time of:

10 Push-ups

10 Sit-ups

10 Squats

Set a stopwatch timer on your phone:

- Move as fast as possible through each movement
- Rest between rounds, but no more than 1 minute.
- Modify movements as needed
- Cool down and stretch immediately after.
- Click [HERE](#) to see demo of this workout



DAY 3

WARM-UP

1:00 light jog
1:00 quad pull
1:00 sprinter stretch each
side
1:00 pigeon stretch each
side
1:00 calf stretch each side

WORKOUT

10-9-8-7-6-5-4-3-2-1

100m Sprints

Situps

*descending reps of sit-ups
between each round of 100m
sprints

Set a stopwatch timer on your phone:

- Mark off the distance for sprints
- Move as fast as possible through each movement
- Rest between rounds, but no more than 1 minute.
- Modify movements as needed
- Cool down and stretch immediately after.
- Click [HERE](#) to see demo of this workout



DAY 4

WARM-UP

100m Light Jog
5 Inchworms
10 Step ups
5 Half Burpees
10 Squats
5 Full Burpees
10 Step-ups

WORKOUT

For Time:
200 Step-ups
*EMOM:
2 Burpees

EMOM - Every Minute On the Minute

- Set a timer to count up...stopwatch works fine.
- At the top of every minute, you will do two burpees as fast as possible then begin your step-ups
- Start the workout with burpees
- Pick up where you left off on your step-ups from the last minute. If you need to rest just take off the minute but let your clock run.
- The workout is over when you hit 200 Step-ups!
- Click [HERE](#) for Demo of workout



DAY 5

WARM-UP

2 rounds:

- 30s Inchworms
- 30s Slow Squats
- 30s Alt.Samson Lunges
- 30s Side Plank R
- 30s Side Plank L

WORKOUT

- AMRAP 20
- 5 Push-ups
- 10 Walking Lunges
- 20 Russian Twists

AMRAP - As Many Rounds As Possible

- Set a timer to count down 20:00.
- Move through each round as quickly as possible
- Rest between rounds but no longer than 30s if needed.
- Goal is to get as many rounds as possible in 20 minutes!
- Click [HERE](#) for demo of this workout



BONUS WORKOUT!

WARM-UP

2 rounds:

100m light jog
30s Inchworms
30s Slow Squats
30s Alt.Samson Lunges
30s Slow Push-ups

WORKOUT

“LOREDO”

6 Rounds For Time:
24 Squats
24 Push-ups
24 Lunges
400m Run

- Set a stopwatch timer.
- Move through each round as quickly as possible
- Rest between rounds but no longer as needed.
- Your “score” is total time to complete
- **This can be done as a partner workout.** One works while other rests. Either split the rounds or split the reps for each round. Fun as a partner workout!
- Click [HERE](#) for demo of this workout

