

## 2 Day No Gym Membership

Let's ease our way into exercising with no gym membership needed and straight into action. If you are using this workout plan probably means you are just beginning or haven't been physically active for awhile. This routine can be used for 3 to 4 weeks, 2 days per week. As you begin, let's start with some quick and easy fundamental circuit cardio. The minute you finish if needed grab some water and go right into your dynamic stretching. You may have your own static stretching and if so that works fine or you can perform the daily stretches at the end of your workout. After finishing your dynamic stretches, you will find your workout that includes core & cardio core exercises. Both workouts consist of 3 basic exercises. Take your your time and Lets Get To Work

If needed, before attempting any exercise [click here](#) to view all exercises. By clicking the selected exercise will present an example video for proper form and tips. Below your training program are quick guides of the **nutritional experience, nutritional tips and supplement advice** used toward this routine.

Workout Outline	
<b>Weeks</b>	3 - 4
<b>Days</b>	2 Days Per Week
<b>Workouts</b>	2
<b>Equipment</b>	None
<b>Core Exercises</b>	2 Exercises
<b>Cardio Core</b>	2 Exercises
<b>Abdominal Training</b>	2 Exercises Per Workout
<b>Exercises</b>	2 - 5 Exercise Per Workout
<b>Recovery</b>	24 - 48 Hour For Previous Trained Muscle
<b>Level of Intensity</b>	1 - 6
<b>Improvements</b>	Muscular Strength Muscular Endurance Physique Development

# Warm Up

Cardio Circuit		
Exercises	Sets	Time
Butt Kicks	2 - 3	30 seconds - 45 seconds
Jumping Jacks	2 - 3	30 seconds - 45 seconds
High Knees	2 - 3	30 seconds - 45 seconds

Dynamic Stretches			
Exercises	Sets	Repetitions	Notes
Backward Wide Arm Circles	2 - 3	12 - 15	Shoulder Mobility
Alt. Knees to Chest	2 - 3	12 - 15	Hamstring Stretch
Alt. Heels to Glutes	2 - 3	12 - 15	Quadricep Stretch
Alt. High Knee Abducting	2 - 3	12 - 15	Hip & Glute activation
Alt. Bent over Toe Touches	2 - 3	12 - 15	Hamstring Stretch

# Day 1

Core			
Exercises	Sets	Time	Rest
Side Plank(Each Side)	2 - 3	30 seconds - 1 minute	30 - 45 seconds
Plank	2 - 3	30 seconds - 1 minute	30 - 45 seconds

Abdominal Training			
Exercises	Sets	Repetitions	Rest
Diamond Sit-Ups	2 - 3	20 - 25	30 - 45 seconds
Alternating Crossover Crunch	2 - 3	20 - 25	30 - 45 seconds

Workout 1			
Exercises	Sets	Repetitions	Rest
Squats	2 - 3	10	30 - 45 seconds
Push Ups	2 - 3	10	30 - 45 seconds
Diamond Sit Ups	2 - 3	10	30 - 45 seconds

Stretch
Daily Stretches

# Day 2

<b>Cardio Core</b>			
<b>Exercises</b>	<b>Sets</b>	<b>Repetitions</b>	<b>Rest</b>
Flutter Kicks	2 - 3	30 seconds - 1 minute	30 - 45 seconds
Russian Twist	2 - 3	30 seconds - 1 minute	30 - 45 seconds

<b>Abdominal Training</b>			
<b>Exercises</b>	<b>Sets</b>	<b>Repetitions</b>	<b>Rest</b>
Leg raises	2 - 3	20 - 25	30 - 45 seconds
90 Degree Toe Taps	2 - 3	20 - 25	30 - 45 seconds

<b>Workout 2</b>			
<b>Exercises</b>	<b>Sets</b>	<b>Repetitions</b>	<b>Rest</b>
Lunges	2 - 3	10	30 - 45 seconds
Chair Dips	2 - 3	10	30 - 45 seconds
Leg Raises	2 - 3	10	30 - 45 seconds

<b>Stretch</b>
Daily Stretches

## Nutritional Experience

While training your nutritional plan will have a major role for recovery, development and performance.

- Explore Plans
- Standard 2,000 Calorie Plan(recommend)
  - Plan 1
  - Plan 2
  - Plan 3

## Nutritional Tips

It is very common as you train to forget the essentials of keeping the body fully functional.

- Explore Tips
- Healthy foods may be junk
- All Greens Matter
- Hidden Sugars
- Nutritional Timing
  - Reducing Body Fat(Lose Weight)???
  - Gaining Muscle Mass???

## Supplement Protocol

If you are able to get most of the supplements from your foods it is highly encourage. If not, here are some recommendations.

- Medicine can help but....Exercise
- Protein
  - Whey Protein
  - Casein Protein
- Vitamins
  - All vitamins