

3 Day No Gym Membership

Sometimes there is no better place to exercise than your house. If you are a progresser from “ 2 Day No Gym Link” Congratulations and welcome back. If you are looking for a 4 week plan for 3 days with no gym needed, you’ve found it. As you begin you are provided with light cardio and dynamic stretches to build up your sweat and stretch out your muscles. Once you finish your warm up, below you will find your workout plan that involves core & cardio core exercises and 3 fundamental exercises. As you exercise, make sure to take breaks and drink as much water as needed.

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	
Weeks	3 - 4
Days	3 Days Per Week
Workouts	3
Equipment	None
Core Exercises	1 - 2 Exercises Per Workout
Cardio Core	2 Exercises
Abdominal Training	2 Exercises Per Workout
Exercises	2 - 5 Exercises Per Workout
Recovery	24 - 48 hours
Level of Intensity	1 - 6
Improvements	Muscular Strength Muscular Endurance Physique Development

Warm Up

Cardio Circuit		
Exercises	Sets	Time
Stationary Jog	3	30 seconds - 45 seconds
Open Jacks	3	30 seconds - 45 seconds
Heel Tap High Knees	3	30 seconds - 45 seconds

Dynamic Stretches			
Exercises	Sets	Repetitions	Notes
Backward Wide Arm Circles	2	20	Shoulder Mobility
Alt. Knees to Chest	2	20	Hamstring Stretch
Alt. Heels to Glutes	2	20	Quadricep Stretch
Alt. High Knee Abducting	2	20	Hip & Glute activation
Alt. Bent over Toe Touches	2	20	Hamstring Stretch

Day 1

Core			
Exercises	Sets	Time	Rest
Inch Worm	3 - 4	30 seconds - 1 minute	30 - 45 seconds
Fully Extended Worm Holds	3 - 4	30 seconds - 1 minute	30 - 45 seconds

Abdominal Training			
Exercises	Sets	Repetitions	Rest
Leg raises	3 - 4	20 - 25	30 - 45 seconds
Alternating Sit - Up Toe Taps	3 - 4	20 - 25	30 - 45 seconds

Workout 1			
Exercises	Sets	Repetitions	Rest
Jump Squats	3	20, 15, 12	30 - 45 seconds
No Jump Burpees	3	20, 15, 12	30 - 45 seconds
High Plank To Squat	3	20, 15, 12	30 - 45 seconds

Stretch
Daily Stretches

Day 2

Cardio Core			
Exercises	Sets	Repetitions	Rest
Flutter Kicks	3 - 4	30 seconds - 1 minute	30 - 45 seconds
Russian Twist	3 - 4	30 seconds - 1 minute	30 - 45 seconds

Workout 2			
Exercises	Sets	Repetitions	Rest
Lunges	3	20, 15, 12	30 - 45 seconds
Chair Dips	3	20, 15, 12	30 - 45 seconds
Leg Raises	3	20, 15, 12	30 - 45 seconds

Stretch
Daily Stretches

Day 3

Core			
Exercises	Sets	Time	Rest
Side Plank(Each Side)	3 - 4	30 seconds - 1 minute	30 - 45 seconds
Plank	3 - 4	30 seconds - 1 minute	30 - 45 seconds

Abdominal Training			
Exercises	Sets	Repetitions	Rest
Diamond Sit-Ups	3 - 4	20 - 25	30 - 45 seconds
Back Extensions	3 - 4	20 - 25	30 - 45 seconds

Workout 1			
Exercises	Sets	Repetitions	Rest
Squats	3	20, 15, 12	30 - 45 seconds
Push Ups	3	20, 15, 12	30 - 45 seconds
Diamond Sit Ups	3	20, 15, 12	30 - 45 seconds

Stretch
Daily Stretches

Nutritional Experience

While training for strength 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 advice

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