

NO GYM REQUIRED™ 15 MINUTE WORKOUT

Here is a quick 15 minute workout anyone can do with little or no equipment. If you don't have dumbbells or a step, use water bottles or cans of food as hand weights and your stairs or a couple of phone books as a step. The best part is you can do this workout anywhere you have enough space to stretch out! As I always say, this is truly an Anywhere. Anywhere. No Excuses. workout!

1. Bulgarian Lunge

How to: Begin by standing about 3 feet in front of a platform (your back toward the bench), hands on hips (*beginning*) or holding dumbbells (*advanced*). Place your right foot on the bench, insuring your left leg is still straight in alignment with your upper body (if not, adjust your foot placement). Slowly descend, just like in a regular lunge—remembering to keep your left knee behind your left foot (your target depth is where your left leg is in a 90 degree bend position). Hold for 2 seconds, then extend your left leg and return to the beginning position.

Muscle groups: Glutes, hamstrings, quads, calves, and hip flexors

Basic tools: Step (platform), or a stack of books/magazines

Repetitions per set: 12–15 per leg (3 sets)

Variation: Hold heavy free weights in your hands to increase intensity.



2. Standing Side Crunch

How to: Stand with feet a little more than hip distance apart. With a free weight in each hand, raise your right arm up in an arc over your head and then down while lifting your right knee up toward the side of your body to meet your right elbow. Repeat on the left side.

Rock Star muscle groups: Abs/core (obliques, glutes, deltoids)

Basic tools: Free weights

Repetitions per set: 12–15 per side (3 sets)



3. Burpee

How to: Yet another exercise you likely did in elementary school. Assume a push-up position, then pull legs in toward your chest as you jump, raising your arms up in the air above your head.

Rock Star muscle groups: Abs/core, quads, hamstrings, shoulders

Basic tool: Just you

Repetitions per set: 12–15

Variation: Add a medicine ball that you pick up and raise above your head with a jump up in the final stage, which makes this a Double Platinum exercise.



4. Plié Squat

How to: Stand with your feet wider than shoulder-width apart, toes pointing out. Hold a free weight with both hands in front of you. Keep your back straight and lower yourself, bending from your knees. Hold for 3 seconds and then exhale as you slowly stand back up.

Rock Star muscle groups: Glutes, inner thighs, quads, hamstrings

Basic tools: Free weights

Repetitions per set: 12–15 (3 sets)

Variation: Add an overhead tricep extension for more difficulty. This will also work your upper body at the same time. (While holding a weight in each hand, extend both arms so your hands are above your head. Extend your arms and slowly lower the weights behind your head as you squat.) *To make that easier you can also just use one weight and put your hands around it.*



There are literally thousands of “No Gym Required” exercises that can be found at your local book store and online. Whether in my book or on YouTube, it’s unbelievably easy to build your own workout routines or refresh an old one with new moves. All you need to do is look around and pick 1 or 2 moves for your arms, legs, back, chest, and core!

Personally, I like to stick to the basics like pushups, dips, lunges, squats, and planks and mix in muscle group exercises like Burpees, Stair Climbers, and Jumping Jacks but that’s my preference. The key is to build a routine you’re going to enjoy doing!

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If you have any questions please contact me at:

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Jennifer Cohen is the author of [NO GYM REQUIRED: UNLEASH YOUR INNER ROCK STAR](#) from which this routine is taken. She is leading the NO GYM REQUIRED movement to teach people to take control of their health and maximize their environment to get to the best possible versions of themselves!

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