

The No-Equipment Home Workout Plan

Get fitter in 20 minutes a day, in your living room, starting today

Introduction

You do not need a gym membership, a spare room full of machines, or a drawer of dumbbells to get fitter. You need about twenty minutes, a bit of floor space, and a plan you can actually follow. That is what this book gives you.

Everything in these pages uses only your own bodyweight. There is nothing to buy, nothing to assemble, and nothing to store under the stairs. You can do every session described here in a living room, a bedroom, a garden, or a hotel room. If you can lie down and stretch your arms out without touching the furniture, you have enough space.

This book is written for beginners and for anyone who feels out of shape and does not know where to start. You will not find complicated jargon or workouts borrowed from competitive athletes. You will find a clear, step-by-step system: how to warm up safely, twenty exercises explained in plain language with easier and harder versions of each, a six-week plan that tells you exactly what to do on every single day, and honest guidance on nutrition, motivation, and what to do when life gets in the way.

A short but important note before you begin: this book is for general information only and is not medical advice. It is not a substitute for guidance from a doctor or other qualified health professional. If you have an existing health condition, are pregnant, are recovering from an injury, or have any concerns about your fitness to exercise, speak to a doctor before you start this or any new exercise programme. Stop any exercise immediately if you feel pain, dizziness, chest discomfort, or shortness of breath that feels wrong, and seek medical advice.

You do not need to be fit to start. You only need to start to become fit. Every exercise in this book has an easier variation, so wherever your current fitness sits, there is a version you can do today. Progress comes from consistency, not from heroics on day one.

How to use this book

Read the chapters on warming up, the exercise toolkit, and the six-week plan before your first session, so you know what you are aiming for. After that, keep the book nearby and use it as a working reference: check your form cues, follow the day's workout, and tick off your log entry when you finish.

Do this now:

- Find a clear patch of floor at least the size of a yoga mat, wherever that may be in your home.
- Decide on a rough time of day you will train, even if it shifts slightly day to day.
- Read the disclaimer above again and, if it applies to you, book a quick check with a doctor before your first session.

Chapter 1: How to Warm Up Properly

A warm-up is not a formality. It raises your heart rate gradually, increases blood flow to your muscles, and takes your joints through the movements you are about to ask them to perform under load. Skipping it does not save you time; it simply moves the risk of strain from "avoided" to "possible."

Spend five minutes warming up before every workout in this book. That is not optional padding, it is part of the twenty minutes.

The general warm-up sequence

Do the following, moving continuously, without long pauses between movements.

1. March on the spot, lifting your knees to hip height, for one minute. Swing your arms naturally as you march.
2. Do ten slow arm circles forwards and ten backwards, keeping your arms fairly straight and moving from the shoulder.
3. Do ten bodyweight squats at half your usual depth, focusing on smoothness rather than speed.
4. Do ten hip circles: stand with hands on hips and rotate your hips in a wide circle, five each direction.
5. Do ten walking lunges on the spot or across the room, stepping forward into a shallow lunge and returning to standing each time.
6. Finish with twenty seconds of gentle jogging on the spot, or twenty seconds of step-touches from side to side if jogging is uncomfortable for your knees.

Warm-up rules to remember

- Never stretch a cold muscle by holding a deep stretch for a long time before you have moved at all. Save long, held stretches for after your workout, covered in the mobility chapter.
- Keep the warm-up light. You should finish it breathing a little faster, not out of breath.
- If a joint feels stiff or sore during the warm-up, spend an extra thirty seconds moving it gently through its comfortable range before you continue.
- On very cold days, extend the warm-up by one or two minutes. Cold muscles and joints need longer to loosen up.

Do this now:

- Try the six-step warm-up sequence once, right now, so your body remembers the pattern before your first full workout.
- Notice any joint or muscle that feels tight or cranky, so you can pay it extra attention next time.
- Set a mental rule: no workout in this book begins without this warm-up first.

Chapter 2: Your Twenty-Exercise Toolkit

These twenty bodyweight exercises are the building blocks of every workout in this book. Learn the form cues properly before you worry about reps. Good form with fewer reps beats sloppy form with more, every time.

Each exercise includes an easier variation, for building confidence and strength safely, and a harder variation, for when the standard version starts to feel too comfortable.

1. Bodyweight Squat

7. Stand with feet shoulder-width apart, toes pointing slightly outward.
 8. Push your hips back as if sitting into a chair, bending your knees.
 9. Keep your chest lifted and your weight through your heels and mid-foot.
 10. Lower until your thighs are roughly parallel to the floor, or as low as feels comfortable.
 11. Push through your feet to stand back up, squeezing your glutes at the top.
- Easier: squat to a sturdy chair or sofa edge, lightly tapping it with your seat before standing back up.
 - Harder: pause for two seconds at the bottom of each rep before standing, or add a small jump at the top.

2. Reverse Lunge

12. Stand tall with feet hip-width apart.
 13. Step one foot backward, lowering your back knee toward the floor.
 14. Keep your front shin roughly vertical and your torso upright.
 15. Push through your front foot to return to standing.
 16. Alternate legs, or complete all reps on one side before switching.
- Easier: reduce the step length and only lower halfway.
 - Harder: hold the bottom position for two seconds, or slow the descent to a count of four.

3. Glute Bridge

17. Lie on your back with knees bent and feet flat on the floor, hip-width apart.
 18. Keep your arms flat by your sides for support.
 19. Push through your heels and lift your hips toward the ceiling.
 20. Squeeze your glutes at the top, keeping your ribs down rather than arching your lower back.
 21. Lower under control and repeat.
- Easier: reduce the range of motion, lifting only a few inches.
 - Harder: perform the lift on one leg at a time, with the other leg extended straight.

4. Calf Raise

22. Stand tall, feet hip-width apart, holding a wall or chair back lightly for balance if needed.
23. Rise onto the balls of both feet, lifting your heels as high as comfortable.

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