

# The Anywhere Kick Ass Body Weight Workout

## By Jane Clapp

The reality is that sometimes we can't make it to the gym or to a class no matter the best of our intentions. Sometimes we're on vacation, traveling for work, stuck at home with sick kids, working late or snowed-in. Whatever the reason, I want to help you see that you don't need equipment or much space to get a sweat on. Just a strong desire to feel better and stronger.

Here's a 30 minute workout you can do right now. All you need is determination and some good music to get you going. This circuit is sooooo simple and will get your heart rate up while building lean muscle all over your body. My training approach will NOT build bulk.

Repeat this circuit 3 times without a break

2 Minutes skip rope. If you don't have a skipping rope, mime skipping rope.

20 Walking lunges or forward lunges on the spot if you don't have room for walking lunges

20 Fire-hydrants – get in downward dog then bring one knee to same elbow and alternate

20 Plie Squats – get down as low as possible and squeeze your bum on the way up

20 Side plank twists on elbows

20 Burpies

20 Tricep dips off a chair- elbows go straight back, shoulders stay down and chest out

20 Face down towel passes- lie face down on the ground, roll up a hand towel and pass behind your back squeezing your shoulders blades together

20 Hip lifts – lying on your back, feet on the ground, hips up. Lift and lower hips and squeeze your bum tight.

After you've completed this 3 times make sure you do some essential stretching holding each stretch for at least 30 seconds:

- \* Pigeon
- \* Hamstring stretch however you like it
- \* Low back twist lying on back bringing one leg over
- \* Hip flexor stretch- super important!

GET A SWEAT ON. If you don't understand any of the exercises listed above, feel free to email me [janeclapp@urbanfitt.com](mailto:janeclapp@urbanfitt.com) or call me at 416.964.3309 and I'll give you a helping hand.