



# NO EQUIPMENT NEEDED!



Hi readers,  
Hope the UK is treating you well and that you are all off to a great start this summer. For those of you who haven't succeeded in your NY resolution and summer goals due to common excuses such as "I don't have time to go the gym" or "the gym just doesn't fit in my budget at this precise time"... Then this one is for you!

All you need for all these exercises is a wall and a space of about 1.5m<sup>2</sup>. I am only setting out one programme for all, for the purpose of this article, so if you are feel you aren't able to complete the full routine, cut a few reps off each set and take a longer breather between exercises. Should you feel it to be too easy, then increase the reps, decrease rest time between the supersets and go hard!

Luke Taylor is an independent personal trainer working from Fitness First, Hammersmith. For further information about these exercises or to arrange a workout, contact Luke on [personaltrainer@inlondon.com](mailto:personaltrainer@inlondon.com)

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Warm up with a 20 minute fast walk, run, cycle or with 30secs-60secs of step ups with a 30sec rest for 10sets ... a quick sip of water and straight to wall squat position.

### Wall Squat

The wall squat is just to pre-exhaust your thighs and is performed by sitting in a squat position with your back pressed firmly against the wall. Hold this for 30-60 seconds and then without rest...



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### Lunges

Start with your feet placed one in front of the other about a metre apart, then with a perfectly straight back, lower yourself until both legs are bent at 90°. You might have to adjust your starting position slightly in order to achieve this. Up and down 20 times on each leg...



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### Press Ups

Beginners should keep their knees on the floor, intermediates should place their feet wide apart and advanced should keep their feet together. With hands apart to target the chest and shoulders, lower your chest until it almost touches the ground for 10 reps, then move your hands until they are shoulder width apart, with elbows kept close your body, press out another 10 reps to target the triceps

### Glute Bridges

Lie face up, knees bent with feet close together and flat on the floor. Start by pushing your hips up until your knees, hips and shoulders are aligned, then lower back down until your glutes nearly touch the ground. Perform 15 full reps and then 15 reps only going halfway down. Only one more exercise before resting...



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### Side Crunches

As you lower yourself to the ground on your last rep of glute bridges, drop both knees down to one side and then straight into 20 crunches. Continue to do the same on the other side.

Now, you can rest... For one minute, then back to the wall squat. Complete the circuit three or four times depending on you fitness level. Remember to stretch after your warm up, between the supersets and then again after your workout to keep injuries at bay. ■