No Equipment Agility/Core/Strength
Program for Full Body No Equip
Trainer: Rick Coe

Introduction
Program designed to be performed in a circuit. Perform exercises in sequence without rest 2-3 times. Increase intensity by increasing reps or duration of movement.

Warm Up
25 Jumping Jacks, 25 High Knees

Cardio Program

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Cool Down
Series of static stretches, 30 sec holds, 2x ea: Sit and Reach, Hurdler, Tuck and Reach, Quad Standing

Push-Up
- Reps: 10-20
- Sets: 2-3
- Intensity:
- Tempo:
- Rest:
- Duration:

Preparation
- In a prone position, place hands at a width that will allow the forearms to be perpendicular to the floor when the elbows are flexed at 90°.
- Come into plank position with elbows extended, make sure the entire body is in a neutral position.

Movement:
- Flexing at elbows, lower the body, maintaining neutral spine.
- Push back to starting position without postural compensation.

Squat - Prisoner
- Reps: 10-20
- Sets: 2-3
- Intensity:
- Tempo:
- Rest:
- Duration:

Preparation
- Stand in proper alignment, at shoulder width, with hands behind the head, fingers interlocked (DO NOT PRESS INTO THE HEAD/NECK).

Movement:
- Draw your belly button inward toward your spine.
- Allow yourself to lower to a squat position under control without compensation.
- Extend your hips, knees and ankles to a standing position.
**Mountain Climbers**

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<tr>
<td>Tempo:</td>
<td>Rest:</td>
<td>Duration: 30-60 sec</td>
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**Preparation**
- Maintain a tall posture throughout the exercise and good stability through the abdominal complex.
- Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.

**Movement**
- This exercise involves holding a straight arm plank (push-up position) while performing alternating hip flexion.
- Start in a straight arm plank position – as shown.
- With a straight body line, step in towards the hands with one foot; the hips, knees and feet should all line up – as shown.
- Simultaneously switch feet position (the forward leg extends back and the extended leg comes forward).
- The idea is to progress this exercise so that it is done quickly.
- Continue this footwork pattern for the desired amount of reps or time.
- Pay close attention to the video link to observe the dynamics of this movement.
- TRAINERS: If you notice: excessive motion at the lumbar segments, a rounding forward of the shoulders, or external rotation at the hip joint … these are indications of tightness and weakness. Regress the exercise until the weaknesses are addressed.

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**Iso abs - prone up/down movement**

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**Preparation**
- Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.
- Activate the core with a good drawing in and pelvic floor contraction.

**Movement**
- Start in a plank position, with forearms and knees on the ground, core is activated, glutes are squeezed and shoulder blades are retracted and depressed.
- Place one hand on the ground under the chest, and simultaneously push that arm straight as you place the other hand on the ground under the chest and push it straight.
- Return to the starting position by bending elbows and placing a forearm down to the ground, followed by the other.
- Ensure that the hips stay level throughout the movement.

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**Squat - Split**

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**Preparation**
- Initiate a thorough dynamic warm-up prior to starting this exercise; this engages the nervous system.
- Allow the body to rhythmically flow throughout this movement.

**Movement**
- Take a smaller than walking length step (as shown).
- With 90% of the weight on the forward leg, keep the chest height and perform a squat by bending the hind leg towards the ground.
- Pay close attention to the video to observe the relative timing of this movement pattern.
- TRAINERS: Watch and correct excessive flexion at the trunk, forward head carriage and anterior migration of the shoulders.
**Ice Skaters – with Crossover**

**Reps:** 10-20  
**Sets:** 2-3  
**Intensity:**

**Tempo:**  
**Rest:**  
**Duration:**

**Preparation**
- Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.
- Ensure that the individual is very proficient at single leg exercises (search Exercise Library) before prescribing this exercise.

**Movement:**
- Perform a crossover step and load to an ice skater hop on the outside leg, while swinging opposite arm toward load leg (as shown).
- Transfer the momentum back to a crossover step in the opposite direction and load to the other side.
- Take care to observe relative timing of this exercise.
- TRAINERS: If there is pain, loss of balance of altered neuromuscular control -- REDUCE the range of motion of legs and arms.

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**Push-Up with Rotation using Dumbbell**

**Reps:** 10-20  
**Sets:** 2-3  
**Intensity:**

**Tempo:**  
**Rest:**  
**Duration:**

**Preparation**
- Maintain good posture throughout the exercise, good stability through the abdominal complex, and neutral spine angles.
- Maintain a firm drawing-in manoeuvre with pelvic floor contraction to aid in spinal stability.

**Movement:**
- Start with VERY light dumbbells and perfect the movement before adding more load.
- Position the dumbbells under the shoulders, maintain a foot position that is WIDER than shoulder width, and perform a push-up ... ensure proper alignment in the kinetic chain.
- Fully extend the arms.
- Stiffen the core and rotate a fully stretched arm up towards the ceiling until there is a comfortable stretch in the chest.
- VERY SLOWLY return to the starting position.
- TRAINERS: Watch and correct, excessive lordosis (arching) in the low back, a forward head posture, lateral shift in the pelvis to assist in rotation, or a piked position in the hips.

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**Squat - Thrust - Push-up - Jump**

**Reps:** 10-20  
**Sets:** 2-3  
**Intensity:**

**Tempo:**  
**Rest:**  
**Duration:**

**Preparation**
- Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.

**Movement:**
- This movement involves a drop to push-up and jumping in place.
- Start with your hands by your shoulders. Simultaneously squat down (with triple flexion in the legs) and bend forward in the trunk. Place the outstretched arms on the ground about shoulder-width apart, shoot both legs out into triple extension with a straight body line, perform a push-up and quickly bring them back into triple flexion (as shown).
- Initiate movement with an explosive vertical jump, and at the same time explosively push your arms overhead.
- Land onto toes and then heels.
- TRAINERS: Watch for frontal plane alignment through the kinetic chain, and do not let the back sag as the client thrusts their legs out and back.
**Transverse Lunge (SI Joint)**

| Reps: 10-20 | Sets: 2-3 | Intensity: |
| Tempo: | Rest: | Duration: |

**Preparation**
- Start with a small step and shallow knee flex to assure proper alignment and neuromuscular stability in the transverse plane before increasing range of motion and depth of lunge.

**Movement:**
- Step to the side, while rotating the hips and torso in the transverse plane and allowing the body to react to the ground force, gravity and momentum.
- Return to the starting position and alternate.
- As the movement looks more fluent, gradually increase the ROM of the step.

**Iso Abs - Prone with Hip Extension**

| Reps: | Sets: 2-3 | Intensity: |
| Tempo: | Rest: | Duration: 30-60 sec |

**Preparation**
- Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.
- Activate the core with a good drawing in and pelvic floor contraction.

**Movement:**
- Begin in an iso abs prone position forming a straight line from head to toe, resting on forearms and toes.
- Draw abs inward, and extend 1 hip by activating glutes and lifting one leg off the ground (extension of hip, knee and ankle dorsiflexion).
- Hold and slowly return leg to ground and then body to the ground, keeping chin tucked and back flat.

**Squat - Integrated Rotation**

| Reps: 10-20 | Sets: 2-3 | Intensity: |
| Tempo: | Rest: | Duration: |

**Preparation**
- Maintain a visual gaze that is towards the horizon (straight ahead) and good stability through the abdominal complex.
- Initiate a thorough dynamic warm up prior to starting this exercise. This engages the nervous system.

**Movement:**
- This movement involves a squat motion to standing with arm rotation.
- Start with the feet wider than shoulder width and reach up and interotation with both arms to the right.
- Descend into a squat (for description, see Squat) and reach towards the floor.
- As you begin to stand, reach up and into rotation with both arms (as shown).
- Repeat.
- Pay close attention to the video link to observe the fluidity of this motion.
**Dips on Bench**

Reps: 10-20

Sets: 2-3

Intensity:

Tempo:

Rest:

Duration:

**Preparation**
- Keep glutes as close to the bench as possible.
- Feet together and knees slightly bent.
- Hands close to the sides of the body, arms straight and shoulder blades retracted.

**Movement**
- Bending the arms, slowly lower the body down until the shoulders are just above elbow height, inhaling while doing this. Straighten the arms returning the body to the starting position, exhaling during this phase.
- Maintain good form.
- Keep reps at a controlled speed.
- Only lower the body to where you feel comfortable.

**Crunch – Leg Lifts**

Reps: 10-20

Sets: 2-3

Intensity:

Tempo:

Rest:

Duration:

**Preparation**
- Ensure the individual is proficient at a crunch before prescribing this exercise.

**Movement**
- Lie supine on the ground.
- The hands should be to the side of the body with the shoulders on the ground.
- With the upper body still, lift both legs at the hips off the ground as shown (ensure to keep the legs straight).
- Pay close attention to the video to observe the relative timing of this dynamic movement pattern.
- TRAINERS: Watch for a forward head carriage, anterior collapsing of the shoulders and holding of the breath. These are indications that the exercise is too difficult and should be regressed.

**Balance hold 1 leg - with leg posterior reach**

Reps: 10-20

Sets: 2-3

Intensity:

Tempo:

Rest:

Duration:

**Preparation**
- Maintain a tall posture throughout the exercise and good stability through the abdominal complex.
- Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.

**Movement**
- This exercise involves a 1 leg balance with a bilateral forward reach (in an anterior sagittal plane).
- Start by standing on one leg, with the knee slightly bent (to about 20°).
- In a controlled manner, perform an anterior reach so arms are parallel to the floor (in the sagittal plane).
- As the hands move forward, the elevated leg will move in a posterior direction to counteract the forward momentum - as shown.
- Return to the starting position.
- TRAINERS: Only allow range of motion that can be balanced … if your client touches down with the elevated foot, decrease their range of motion until they reach their threshold of success.