No Equipment
Exercise Program

All rights reserved.
No part of this manual may be reproduced in any form or by any means without the expressed written permission of Performance360.

There is inherent risk with any physical activity. Please consult your physician before following the instructions contained in this material. Performance360 can not be held responsible for any injury that may occur while participating in this program.
No Equipment About

What to Expect:
Performance360’s No Equipment Exercise Program is a bodyweight strength training routine designed to promote your body’s optimal function and health while boosting your metabolism and building your muscles in all the right places.

The design of the program allows you to develop strength in functional full-body movements without the need for weights or additional equipment. By engaging in strength training, you can expect to increase:

- Lean muscle
- Muscle strength
- Bone density
- Tendon and ligament durability
- Coordination
- Movement efficiency
- Independence in old age
- Injury resiliency

Also included in the program are mobility, stability, power, and metabolic methods; these work in synergy with the strength training to give you the added benefits of improved:

- Flexibility
- Balance
- Endurance
- Athleticism
- Body composition
- Muscle and joint pain relief

Your No Equipment program contains the following components which help to accomplish the above-mentioned goals:

- **Warm-Up** uses aerobic exercise to raise muscle temperature — enhancing the rest of the session by increasing strength, power, endurance, and range-of-motion.

- **Movement Prep** eliminates restrictions to movement, specifically in the upper back, shoulders, hips, and ankles.

- **Core** strengthens your trunk, hips, and back in three planes of motion while both resisting and controlling motion to encourage total body connection and balanced muscle activation.

- **Hip** energizes and strengthens the small glute muscles to not only prepare them for more demanding leg exercises but to also reinforce their importance for protecting the structures of low back and knee joints.

- **Strength Circuits** develop the main movement patterns of the human body—squat, hinge, lunge, single-leg stance, upper body pushing and pulling—ensuring a well-balanced and healthy body. High repetitions with short rest periods help to create a metabolically active environment within the muscles, promoting caloric expenditure and changes in lean tissue.

By beginning this program you start on the path towards a long, healthy, and successful career in quality exercise. Enjoy the process and be amazed at how far you can progress yourself in just a few short weeks!
Physical Activity Readiness:
Please thoroughly consider the following questions to confirm that you are ready to begin an exercise program. If you have answered “yes” to one or more of the below questions, consult your physician before engaging in the exercises contained in this manual. After a medical evaluation, seek advice from your physician to determine what type of activity is suitable for your current condition.

1.) Has your doctor ever said that you have a heart condition?

2.) Has your doctor ever said that you should only perform medically supervised exercise?

3.) Do you feel pain in your chest either at rest or during physical activity?

4.) Have you ever been diagnosed with a chronic medical condition?

5.) Are you currently taking any medications prescribed for a heart condition or blood pressure?

6.) Do you lose balance because of dizziness or have you lost consciousness in the last year?

7.) Are you pregnant now or have given birth in the last six months?

8.) Do you have a physical injury or issue that could be made worse by a change in your physical activity?

9.) Have you had a recent surgery?

10.) Is there any other reason why you should not engage in physical activity?
Program Overview:
In order to make your start as smooth as possible, please read the accompanying How-To section contained in the closing pages of this document for more detailed instructions on how to implement the following training sessions.

On the next pages you’ll find two routines – Day A and Day B – that make up your first training cycle. There are 10 total sessions in the training cycle; as you move through the program, the sessions will increase in difficulty with sessions 7 and 8 being the hardest. Sessions 9 and 10 are for regeneration; they will be markedly easier than the previous sessions in order to promote recovery, allow all your hard work to come to fruition, and prepare you for a new training cycle.

Make sure to select the appropriate program depending on your ability level – either beginner, intermediate, or advanced. It is recommended that you start conservatively; if you’re having doubts on what your ability level is, choose the lower level program – this will allow you to focus on movement quality while providing ample time to progress.

And remember, physical fitness is just one aspect of human performance that exists alongside of the nutrition, mental, and medical spheres; maximizing your human potential requires a holistic approach that integrates each of these spheres. To find the integrated health and performance solution that’s right for you, contact Performance360 to see how their multi-disciplinary team of experts can help: performance360@mountsinai.org

It’s now time to get started with Day A Session 1!
<table>
<thead>
<tr>
<th>Order</th>
<th>Warm-Up</th>
<th>Movement Prep</th>
<th>Core</th>
<th>Hip</th>
<th>Strength Circuit</th>
<th>Other Strength Circuit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day A</td>
<td>Order</td>
<td>Session 1</td>
<td>Session 2</td>
<td>Session 3</td>
<td>Session 4</td>
<td>Session 5</td>
</tr>
<tr>
<td>No Equipment</td>
<td>Phase 1</td>
<td>1. Jumping Jacks</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No Equipment</td>
<td>2. Functional Movement Sequence</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No Equipment</td>
<td>3a) 90-90 Hip Stretch</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No Equipment</td>
<td>3b) Counterbalance Eccentric Skater Squat</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No Equipment</td>
<td>3c) Squat Jump &amp; Stick</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No Equipment</td>
<td>3d) Paper Plate Tall Front Plank Pushaway</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No Equipment</td>
<td>3e) Low Quadruped Thoracic Spine Rotation</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No Equipment</td>
<td>1. Pushup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No Equipment</td>
<td>2. 30-90 Hip Stretch</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Day B  
**No Equipment**  
**Phase 1**

<table>
<thead>
<tr>
<th>Session 2</th>
<th>Session 4</th>
<th>Session 6</th>
<th>Session 8</th>
<th>Session 10</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Order</strong></td>
<td><strong>Warm-Up</strong></td>
<td><strong>Movement Prep</strong></td>
<td><strong>Core</strong></td>
<td><strong>Hip</strong></td>
</tr>
<tr>
<td><strong>Load</strong></td>
<td><strong>Sets</strong></td>
<td><strong>Reps</strong></td>
<td><strong>Rest</strong></td>
<td><strong>Sets</strong></td>
</tr>
<tr>
<td>Body</td>
<td>1</td>
<td>1 min ea</td>
<td>Quick 30 sec ea</td>
<td>Body</td>
</tr>
<tr>
<td>Weight</td>
<td>6b.)</td>
<td>4b.)</td>
<td>5d.)</td>
<td>4a.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Order</strong></th>
<th><strong>Strength Circuit</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Load</strong></td>
<td><strong>Sets</strong></td>
</tr>
<tr>
<td>Body</td>
<td>2-3</td>
</tr>
<tr>
<td>Weight</td>
<td>6a.)</td>
</tr>
<tr>
<td><strong>Tempo</strong></td>
<td>3-5 ea</td>
</tr>
<tr>
<td><strong>Rest</strong></td>
<td>60 sec</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Order</strong></th>
<th><strong>Strength Circuit</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Load</strong></td>
<td><strong>Sets</strong></td>
</tr>
<tr>
<td>Body</td>
<td>2-3</td>
</tr>
<tr>
<td>Weight</td>
<td>6a.)</td>
</tr>
<tr>
<td><strong>Tempo</strong></td>
<td>3-5 ea</td>
</tr>
<tr>
<td><strong>Rest</strong></td>
<td>60 sec</td>
</tr>
</tbody>
</table>
No Equipment How-To

Schedule:
Perform your No Equipment sessions 2-3 days per week, alternating between Days A and B with at least one day between sessions. Complete the appropriate sets and reps column based on the numbered session you are on. After a session is completed, progress to the next numbered session. For example, after performing Day A Session 1, you will do Day B Session 2; progressing in sequential order until all ten sessions have been completed. You can repeat a session before progressing if you feel like you need more time mastering that session’s sets and reps.

If you miss all of your planned workouts in a week, simply start back up with the session you left off on. If you miss more than a week of training, start the program over with Session 1.

Exercise Videos:
Exercises are written in blue underline indicating a hyperlinked YouTube video demonstration of the exercise; click on the exercise name to access the video.

Exercise Order:
When ordered by a single number (1., 2., 3., etc.), all sets and reps of an exercise are to be completed before moving on.

When ordered with a number and letter (8a., 8b., etc.), these exercises are either part of a superset or circuit:

• *For supersets*, you will perform exercise “a”, rest for the prescribed amount of time, and then perform exercise “b”. Following exercise “b” you will rest for the prescribed amount of time and then return back to exercise “a”, moving through the superset in this fashion until all the prescribed sets are completed.

• *For circuits*, you will move through a group of exercises back-to-back, performing one set of exercise “a”, then “b”, then “c”, etc., resting the prescribed amount of time between exercises until the last exercise in the group is completed. If multiple rounds of a circuit are prescribed, then once the final exercise in the group is completed, you will return back to exercise “a” and repeat the circuit in the same fashion.

Sets:
All written sets are ‘work sets’; warm-up sets are not included in the prescribed work sets. For your strength exercises, it is recommended that you perform one light warm-up set to familiarize yourself with movement prior to your work sets – do 5-8 ‘non-fatiguing’ reps to warm the movement up. As you proceed through the day’s workout, your muscles will become warm and no warm-up sets may needed for the strength exercises at the end of the workout compared to the strength exercises at the beginning of the workout.

Reps:
You should be approaching muscular failure during each set of your strength exercises – you’ll know when you’ve reached this point when movement speed slows down significantly and straining and shaking start to occur. Although pushing yourself is a good thing, make sure to avoid complete failure by always leaving 1-3 ‘reps in the tank’ – this will ensure safety, quality, and good performance for subsequent sets and exercises.

If technique breaks down, STOP! That is the end of the set! All reps should be done with an emphasis on correct technique and complete range-of-motion.

End the set if any of the following occur: you lose control or awareness of your breath, start shaking, lose the air pressure and stability in your core, lose concentration, feel sharp pain, or feel unusual discomfort in your tendons or joints.

Tempo:
All exercise reps should be performed with a controlled tempo (i.e., speed); specific tempos are given for each exercise and described by the following:

• Hold: the exercise position is statically held with no movement.
• Slow: 3-5-second lowering, 1-second pause in the bottom, 2-3-second lift, 1-second pause at the top.
• Moderate: 2-3-second lowering, no pause in the bottom, 1-second lift, slight pause at the top.
• Quick: minimize the time that the feet are on the ground, attempting to move rapidly but smoothly.
• Fast: 1-second lowering, reverse the movement as fast as possible in the bottom, explode to the top.
• Specific: sometimes tempos are given which detail the duration of the descent, pause in the bottom or top, etc.
Rest:
Rest should be long enough to allow you to regain strength to produce a quality effort but also short enough to create a metabolically challenging environment within the muscles (i.e., fatigue, burning, 'pump'). This muscular metabolic stress is a potent signal for fat burning/muscle growth and should learn to be appreciated and worked through. Do your best to adhere to the prescribed rest intervals between each exercise. That being said, don’t sacrifice good form and correct technique by trying to stick with a prescribed rest period – movement quality, coordination, and awareness are priority – increase rest if needed.

Modifying Exercise Difficulty:
If an exercise is too easy for you and the prescribed rep range is not a challenge, you can use the following strategies to make the movement more demanding:

• Use a slower movement tempo – accentuate the lowering phase of the movement and hold an extended pause in the bottom of the rep; the duration of the descent can be anywhere from 3-10-seconds.

• Focus on the mind muscle connection of the working muscles – feel the muscle contract at the top of the rep and stretch at the bottom – sense the fatigue, burning, and tension inside the muscles. Make sure that only the targeted muscles are doing the work and that no other muscles are overactive and compensating to produce the movement.

• Increase reps – because no external weight is being used, each set will have to be taken to near failure in order to stimulate gains – doing so will allow you to activate the greatest number of muscle fibers while also generating a favorable hormonal response. Don’t be afraid to do 30-50 reps if that is what’s needed to fatigue the movement.

• Increase sets – everyone responds to training differently and it may be that you require additional sets to make progress. If the prescribed set and rep ranges are no struggle for you to complete and you’re completely recovered between sessions – your energy levels are high, you have zero lingering soreness, and there is no deterioration in your movement quality and performance – then feel free to add 1-2 sets each session for the desired exercises. Just be aware that the program intensifies from session to session, if you choose to add sets, be conservative in order to prevent burn out and overtraining.

Extra Work:
At the end of each session, if your energy is still good, feel free to perform any extra work. For example, adding in extra sets of arms, abs, glutes, or cardio at the end of your session. If you feel the need to do anything additional, just keep it short and sweet—workouts that drag on for too long do more harm than good.

Cardio:
Performing cardiovascular exercise on days you are not following this program will help to speed up your progress. However, cardio should rarely replace a No Equipment training session. Also, avoid performing strenuous cardio immediately before or after a No Equipment session as to not take away the quality and benefits of the training session.

Follow these simple guidelines when performing cardio sessions: either keep it light and long (conversational pace for 45-60-min) or short and fast (sprints lasting 15-60 sec). Anywhere in the middle is too stressful to recover from and will derail your progress.

Recovery:
If you’re performing additional exercise (cardio or otherwise) on top of your No Equipment sessions, make sure to get at least one day of complete rest per week.

Proper recovery is half of the exercise equation—we don’t see results unless the body can optimally rebuild itself. Look forward to rest days as an opportunity to take care of your body in order to maximize your next training session. Any activity that helps you relax, de-stress, and tune into your body is recommended.

And while soreness is a general indicator of your recovery status, it is not the only indicator and should not deter you from performing your next training session. If you are putting a good effort in each session, you should be a little sore in the days following the session – take this as a sign that the program is working! The best thing you can do to alleviate soreness is to work out again! Taking too much time off between sessions because you are sore will not allow the body to become accustomed to training and thus will not allow the soreness response to lessen overtime.