

# THE NO EXCUSES WORKOUT

From Tammy Stokes

## Opposite Elbow to Knee

Stand with your legs slightly wider than your hips. Place your hands behind your head. Without pulling on your head, rotate to bring your opposite elbow toward your opposite knee. Alternate sides each time.

## Reach & Squat

Stand with your legs slightly wider than your hips. Raise your arms over your head, keeping them straight. Bend your legs and press your arms straight back as you squat.

## Half Bends

Stand with your legs slightly wider than your hips. Place your hands behind your ears. With your knees slightly bent, bend forward from the hips. Stop when your torso creates a 90-degree angle. Keep your head in line with your spine. Notice the stretch of the hamstring muscles. Return to start position.

## Toe Touches

Stand with your legs slightly wider than your hips. Reach your arms above your head, keeping your arms straight. Bend over and touch your toes with your hands. Raise back up, reaching your hands in the air. Repeat with a good pace using full range of motion.

## Power Squats

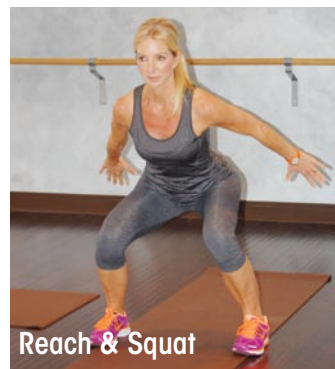
Stand with your legs slightly wider than your hips. Bend your legs, keep your chest up and touch your fingers to the floor in a squat. Keep the height of your bum slightly above the height of your knees when you squat. In one move, jump your feet back together and reach your arms over your head. Repeat at a rapid pace.

## Sprinter's Lunge

Stand with your feet shoulder width apart, arms at your sides. Take a large step back with your right foot until your fingertips touch the floor.

## All Fours CORE

Get down on your hands and knees. While on all fours, raise your right arm reaching straight from your shoulder and extend your left leg straight so it is level with the height of your hips. Draw your right arm in, bending it at the same time you bend your left knee in towards your right elbow. Crunch your abdominals while you are contracting and then extend your arm and your leg fully. Do 15-25 repetitions before going to the other side.



Compound exercises are combined with tempo for heart rate elevation. Each exercise should be performed for 15-25 repetitions. Depending on time available and fitness levels, it can be completed in one, two or three cycles

