

# MEN'S NO-EQUIPMENT EXERCISE PLAN

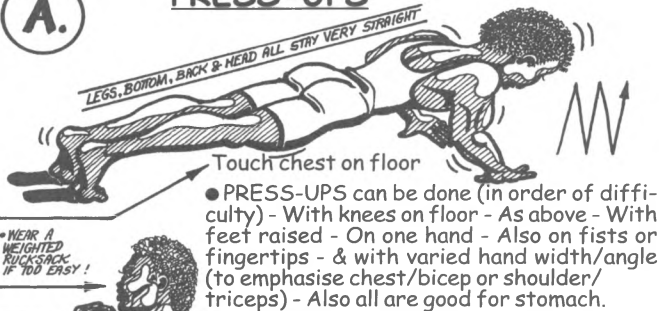
Graded - Easy To Follow - No Equipment - Well Demonstrated By Small Joe Fung

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*GENTLEMEN DO YOURSELF A FAVOR - Stay strong - Besides it is useful (for taking lids off pickle jars).*

A.

## PRESS-UPS



● **PRESS-UPS** can be done (in order of difficulty) - With knees on floor - As above - With feet raised - On one hand - Also on fists or fingertips - & with varied hand width/angle (to emphasise chest/bicep or shoulder/triceps) - Also all are good for stomach.

● DON'T REST 5/10 STAND BETWEEN REPS.

C.

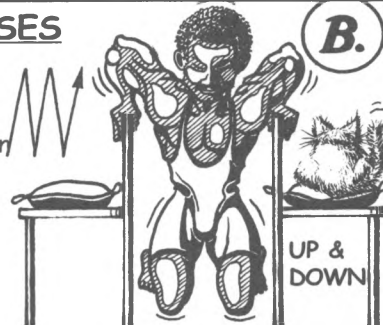
Up & down

## PULL-UPS

● **FIND SUITABLE DOOR** frame (or stairway or bar) & grip - a) Palms toward face or - b) Palms away from face, with - c) Narrow grip or - d) Wide grip, & pull up - e) In front of head or - f) Behind head - **All use different muscle groups.**

## BACK PRESSES

● **SUSPEND BODY** between 2 chairs - Then either rest feet on one seat (& hands on the other) or one hand on each chair back (knees bent & off floor) - You can also use a weighted rucksack - Then bend & straighten arms slowly.



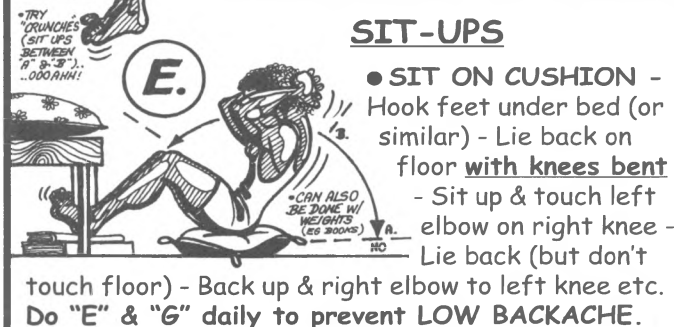
B.



W = LEFT side of head - X = RIGHT side of head - Y = BACK of head - Z = FRONT of head - **Pull/push each one very hard for 16 secs. (THAT IS ONE SET\*.)**

D.

## SIT-UPS



● **SIT ON CUSHION** - Hook feet under bed (or similar) - Lie back on floor **with knees bent** - Sit up & touch left elbow on right knee - Lie back (but don't

## LYING OVERHEAD LEG RAISES

● **LAY TOWEL** on floor next to bed - Lay on back with hands under bed - Raise legs over body & touch bed with toes - Go back (but don't rest feet on floor) - Then up again etc.



## BACK RAISES



G.

● **LIE ON FACE** on towel on floor - Put hands behind head - Keeping legs straight, raise feet & head as high as possible - Hold for a second - Down (but don't touch floor) etc.

## JOGGING

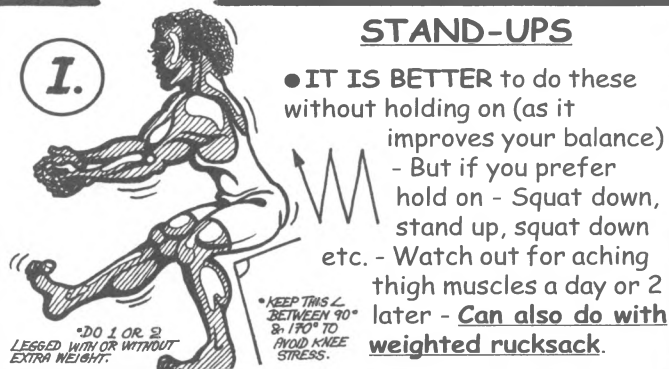
● **OUTSIDE:** Pick a pleasant route - If you are going for say 20 minutes - Go in 1 direction for 10 minutes, then turn back - **END WITH A SPRINT.**  
● **IN ROOM:** Get heartbeat up by lifting knees high & doing arm movements (shadow boxing) - Put on some music. "PUT ON DE BOB MARLEY, MAN!"  
● **BOTH:** Wear cushioned heel shoes to protect joints - Use self-hypnosis "**I feel strong**" - "**I feel fresh**" etc. (note overleaf "M" = minutes).



## CALF RAISES

● **FIND A STEP** - Stand on it with the ball of one foot (wear soft shoes) - Raise the other foot - Hold on & start going up & down **as far as you can** - Then change feet - YEAH!... FEEEEEEL DE BURN!

## STAND-UPS



● **IT IS BETTER** to do these without holding on (as it improves your balance) - But if you prefer hold on - Squat down, stand up, squat down etc. - Watch out for aching thigh muscles a day or 2 later - **Can also do with weighted rucksack.**