



# The Precision Nutrition Bonus Training Program

# No Equipment, No Problem

Alwyn Cosgrove



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# Precision Nutrition Bonus

## No Equipment, No Problem

### Designed by Alwyn Cosgrove

#### **Introduction**

I'm spoiled. And so are my clients. I have access to a fully equipped gym with all the cables, weights and training tools (i.e. toys) that you can imagine.

But when it comes down to it, I can train someone into great condition with the least amount of equipment anyone can imagine. I joke with my staff all the time: "if you show up for work and I've sold all the equipment, just get to work with your clients using bodyweight variations".

In other words, the workout starts with movement patterns and rep ranges in mind. Once these decisions are made, I use the equipment necessary to BEST train that movement.

For example, if I decide that we need to train a squat pattern, I can choose a front squat or a back squat. If I choose a front squat, I can perform the front squat with a barbell, with DB's, with a med ball, or with a sandbag. I can add bands and chains to the barbell. I can offset the DB's. And I can do about 2 dozen other things to make the movement different. But essentially I'm still training a front squat. The rest represents the details that really don't matter (for the most part).

#### **Worst Case Scenario**

You want to do a total body workout. You can't make it to the gym. You go out into the garage and find your gym equipment. You have ONE rusty 35lb dumbbell....What can you do?

Well, let's talk lower body. I'd start by designing this workout around single leg lower body work. The lack of load means that it's likely that we don't enough resistance for bilateral work without doing hundreds of reps. So we use a unilateral variation and place the DB on the same side shoulder to the working leg.

What about upper body? Well, why not go with a basic push and pull. For push, a push-up ALWAYS fits the bill. If you can easily do 40 or more push ups, switch to T-push up variations. These will work the core and shoulder girdle more. If you can easily do 20-30 each side of those, then get your feet up on a bench or chair. If you can do 20-30 each side of those (yeah right), then hold a DB in the reaching arm.

For upper body pulling, we'll use a two point DB row. The "two points" refers to two points of support. Yet for all intents and purposes this is a single arm bent over DB row. The offset load will actually limit your pulling strength somewhat and put a rotational force throughout your core. And if the load is so light that you can easily perform 20 controlled repetitions, slow down the tempo to lengthen the set, use an isometric pause in the contracted position, and finally move your elbow out to create a less effective line-of-pull.

In the end, you're probably getting the idea. Even if you only have a single rusty DB, you can get a full body workout in. No equipment, no problem. You simply have to choose your movement patterns and load these movements in ways that make the performance of these exercises progressively more difficult.

For a few great examples of how this is done, check out the No Equipment, No Problem workout below.

## No Equipment, No Problem Weeks 1-4

The following is a total body workout designed to improve fitness, conditioning and body composition. Perform this workout 3x per week for 3-4 weeks.

Exercise	Sets	Reps	Tempo	Rest
1A Bulgarian Split Squat	2-3	10-15	SLOW	30s
Put your back foot up on a bench or chair. Hold the DB on the shoulder of the same side as your working leg. Pause at the bottom of each rep.				
1B T-Push Up	2-3	AMRAP	202	30s
Perform as many reps as possible with the weakest side first. Match that with the strong side. Do not do more reps with the strong side				
2A DB Lunge or Step-Up	2-3	10-15 each	222	30s
This time lunge in place but hold the DB at arms length overhead on the same side as the forward leg.				
2B Two Point DB Row	2-3	10-12 each	222	30s
Standing in a parallel stance, bend over at the waist and perform a single arm unsupported row. This will work the back and core simultaneously. If the load is too light – perform a variation with your elbow out to the side.				
3 Plank	1	60-120 sec	STATIC	--
Hold a plank position with your abs braced for 60-120s. If you can reach 120s, then raise your feet onto a bench.				

To finish off, holding the DB to your chest, perform 20 squats – 10 lunges each leg – 10 jump lunges – 20 jump squats. Next, drop the dumbbell and perform 20 push ups.

After this, do one more circuit without the DB; finishing with as many push ups as possible.



## No Equipment, No Problem Weeks 5-8

The following is a total body workout designed to improve fitness, conditioning and body composition. Perform this workout 3x per week for 3-4 weeks.

Exercise	Sets	Reps	Tempo	Rest
1A Bulgarian Split Squat	2-3	10-15	1 and 1/4	0s
Put your back foot up on a bench or chair. Hold the DB on the shoulder of the same side as your working leg. Pause at the bottom of each rep. Rise up ¼ of the way – return to the bottom and then extend back to the starting position – that's one rep.				
1B Dynamic Lunge	2-3	10-15 each	20X	0s
Perform the reps with as long a step as possible with the weakest side first. Repeat with the strong side – again the DB is on the opposite shoulder				
1C DB Squat	2-3	20-30	222	60s
Hold the DB to your chest and perform 20-30 slow and controlled reps.				
2A Two Point DB Row	2	10-12 each	222	30s
Standing in a parallel stance, bend over at the waist and perform a single arm unsupported row. This will work the back and core simultaneously. If the load is too light – perform a variation with your elbow out to the side.				
2B T-Push Up	2	AMRAP	202	30s
Perform as many reps as possible with the weakest side. Match with the strong side.				
2C Two Point DB Row	2	10-12 each	222	30s
As above.				
2D T-Push Up	2	AMARP	202	30s
Perform as many reps as possible with the weakest side. Match with the strong side.				
Plank (push-up)	1	60-120s	STATIC	--
Hold a push up position with your abs braced and feet on a bench for 60-120s. If you can reach 120s, then move to a single leg support.				

## No Equipment, No Problem Weeks 9-12

The following is a total body split (upper/lower) workout designed to improve fitness, conditioning and body composition. Perform each workout 1-2x per week for 3-4 weeks.

### Workout A – Lower Body

Exercise	Sets	Reps	Tempo	Rest
1A Dynamic Lunge	2-3	15 each	20X	0s
Perform the reps with as long a step as possible with the weakest side first. Again the DB is on the opposite shoulder				
1B Lunge In Place	2-3	15 each	222	0s
Perform the reps in place with a 2s pause at the bottom of each rep. Again the DB is on the opposite shoulder				
1C Bulgarian Split Squat	2-3	AMRAP each	1 and 1/4	60s
Put your back foot up on a bench or chair. Hold the DB on the shoulder of the same side as your working leg. Pause at the bottom of each rep. Rise up ¼ of the way – return to the bottom and then extend back to the starting position – that’s one rep. Perform as many reps as possible.				
Note: Perform 1a-1c with the weakest side first. Then complete the circuit with the strong side. Perform 2-3 circuits for each leg.				
2 DB Overhead Squat	Alt to max	10	211	30s
Holding a DB overhead with one hand perform 10 squats. Switch sides and perform another 10. Making sure you complete an equal number of sets with each arm overhead – perform as many sets as you can				

## Workout B – Upper Body

Exercise	Sets	Reps	Tempo	Rest
1A Reverse DB Curl	1	15 each	222	0s
1B Hammer DB Curl	1	15 each	222	0s
1C DB Curl	1	AMRAP	222	30s
2 Single Arm Bent Over Lateral Raise	1	20	222	30s
This preceding sequence will fatigue all the synergists in the rowing movement.				
2A One Point DB Row	2	12-15 each	222	30s
Standing in a single leg stance, bend over at the waist and perform a single arm unsupported row. This will work the back and core simultaneously. If the load is too light – perform a variation with your elbow out to the side.				
2B Two Point DB Row	2	AMRAP each	222	30s
Standing in a parallel stance, bend over at the waist and perform a single arm unsupported row. This will work the back and core simultaneously. If the load is too light – perform a variation with your elbow out to the side.				
2C Rotational DB Row	2	AMRAP each	222	30s
Standing in a parallel stance with your and braced against an object (bench, desktop etc) bend over at the waist and perform a single arm row with torso rotation. This will work the back and core simultaneously. If the load is too light – perform a variation with your elbow out to the side.				
Perform 2a-2c with the weakest side first. Then complete the circuit with the strong side. Perform 2 circuits for each side.				
3A DB Overhead Extension	1	15 each	211	0s
3B DB Lateral Raise	1	15 each	211	0s
3C DB Military Press	1	AMRAP	212	30s
This preceding sequence will exhaust all the stabilizer muscles for the push ups.				
4A Push-UP With Contralateral Toe Touch	2	10 each	Dynamic	30s
In between each push up – move to the T position – then bring your opposite foot through to touch the opposite hand. E.g. you reach up and around with your left hand – then bring the right foot through to touch the opposite hand before beginning the next rep.				
4B T-Push Up	2	AMRAP	202	30s
Perform as many reps as possible with the weakest side first. Repeat with the strongest side (do the same number of reps.				
4C Wide Grip Push Ups	2	AMRAP	Fast as possible	90s

# About Alwyn Cosgrove



Alwyn Cosgrove is one of the most in-demand and exciting coaches, writers and speakers in the fitness industry today. He currently spends his time lecturing, teaching, training and writing and as the owner of Results Fitness in Santa Clarita, CA.

For the past sixteen years Alwyn has been committed to achieving excellence in the field of fitness training and athletic preparation. Specializing in performance enhancement, Alwyn has helped countless individuals and athletes reach their goals through sound scientific training. Alwyn has been a featured presenter at several national

conferences in the fitness industry and has produced several training manuals and educational DVD's.

In addition to being a featured in several national magazines, Alwyn is a columnist for Men's Fitness magazine and has just completed The New Rules of Lifting with Avery Publishing.

To contact Alwyn, check out his web site [here](#).