

No Kit, No Problem



A simple bodyweight strength circuit. Quiet, focused and made to go anywhere

What are we working?

This session hits your full body with:

- **Leg strength & stability** (Bulgarian Split Squats, Wall Sit, Squats)
- **Upper body pressing strength** (Push-Ups)
- **Core control and endurance** (Plank)

No equipment. No complexity. Just honest, body-led strength.

What's the Goal?

To build:

- **Foundational strength** you can feel in real movement (not just in the gym)
- **Balance and stability** under your own bodyweight
- **Time under tension** without the stress of heavy lifting

This is strength that supports how you live – not just how you lift.

Expected Outcome

- Stronger legs, hips, and core
- Better control over movement and posture
- A calm, focused feeling – not burnt out, but switched on

Done 2-3 times a week, this circuit builds a strong base that supports progress *anywhere else you take it*.

If tough to start, reduce the reps, as you get proficient, you can do another set, or slow down the movement (counting to 3 or 5), or increase the reps, pick one which suits.

Setup

- Space for one long step in any direction
- Optional: a towel or mat
- Barefoot or flat shoes
- Time needed: 10-12 minutes (including rest)

The Circuit: 3 Rounds

1. Bulgarian Split Squat – 6-8 reps each leg

Back foot on a chair, sofa, or low step. Front foot forward, knee tracks over midfoot.

If balance is tricky, use a wall or chair for support.

Always reset position when you change legs, this is critical.

2. Push-Ups – 6-10 reps

Elbows at 45°. Core tight. Lower under control, exhale as you push.

*If needed, start with **knee push-ups** – same form, just a little less load*

3. Plank Hold – 20-30 seconds

Elbows under shoulders. Hips tucked. Eyes down, breathing slow.

Can't hold 30? Start with 10 and build over time.

4. Bodyweight Squats – 10-12 reps

Feet shoulder-width. Sit between your heels. Stand with control, not bounce, no need to lock out / jar the knees - why would you?

5. Static Wall Sit – 30 seconds

Back flat against the wall, knees at 90°. Arms relaxed. Hold and breathe.

Focus on staying still and calm. Don't chase the burn – own it.

Rest: 45-60 seconds between rounds. Breathe through your nose. This is presence work, not punishment.

If this helped bring strength to your day, you can support the project via the website

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