

\* Limitless Fitness Program

---

# THE NOOB WORKOUT



---

## Prerequisites

I wanted to make it a little easier for you when it comes to deciding where to start with these workouts. Before each workout, you will see a list of prerequisites or skills that will help you determine if the following program is right for you.

If you can't do some of these things, it doesn't mean you should just go Donnie Brasco on it and say "Forgetta bout it!" Instead do what you can, with what you've got, and what your abilities allow. There are tons of modifications and substitutes available. As always, if you are still having some trouble, please do not hesitate to [give me a shout](#) and ask for help. Before using this workout, please make sure you meet the following criteria:

- \* Can walk, squat to chair, bend over and lift light objects from the ground comfortably.
- \* Goal is to improve full-body movement, develop the exercise habit.

---

## LEVEL ONE: NOOB WORKOUT

---

Well here you are, officially on your way to Limitless health and fitness.

The toughest step in creating change is often getting started, so feel free to consider this one big hurdle you've already jumped right over.

Don't forget to consult the [Exercise Guide](#) and the [Workout Guide](#) on how to make modifications to these routines if you find them too easy or difficult to perform.

## Notes about this routine

**Letters Example:** This routine is done in five-exercise circuits. You'll be performing one exercise, resting, and then moving on to the next exercise.

### Day 1:

- \* A1: Step-ups
- \* A2: Push-ups
- \* A3: Inverted rows
- \* A4: Hip raises
- \* A5: Jumping jacks

You'll perform the required number of reps for step-ups, rest the specified time (60 seconds); and then move onto push-ups and perform the required number of reps, rest the specified time (60 seconds); and then move on to inverted rows. You'll continue this process until you finish with jumping jacks. This will equal one full set.

You'll notice that each exercise asks you to perform three sets. You will need to repeat the circuit two more times for a total of three sets.

## Level I Workout Routines

Remember: always warm-up before, and stretch following, your workouts. You'll find additional information on these routines in the **Workouts Guide**.

## DAY 1 WORKOUT (MONDAY)

### Warm-up

A1: step-ups, 3 sets x 12-15 reps per leg; rest 60 seconds

A2: push-ups (alt: wall push-ups, knee push-ups, incline push-ups), 3 sets x 12-15 reps; rest 60 seconds

A3: inverted rows (alt: band rows, one-arm DB rows) 3 sets x 12-15 reps (12-15 on each arm if doing one-arm DB rows); rest 60 seconds

A4: hip raises, 3 sets x 12-15 reps per leg; rest 60 seconds

A5: jumping jacks, 3 sets x 25 reps (add five reps each week); rest 60 seconds

- \* Repeat the circuit twice more for a total of three circuits (or 3 sets of each exercise).
- \* After the jumping jacks, you can take a longer break of 90, 120, or 150-seconds before performing your next set if needed.
- \* Note: If you feel pretty good after you've completed all three sets, you can do 10-15 minutes of light cardiovascular work (i.e. walk, jog, run, jump rope, row, etc.) but don't feel you have to, only if you are feeling good and ready for it.

### Stretch

## DAY 2 WORKOUT (TUESDAY)

### Warm-up

A1: [air squats](#), 3 sets x 20 reps; rest 60 seconds

A2: [DB overhead press](#) (alt: [wall press](#), water bottles, paint cans, etc.), 3 sets x 12-15 reps; rest 60 seconds

A3: [plank DB rows](#) (alt: [one-arm DB rows](#), [inverted rows](#), [band rows](#)), 3 sets x 20 reps (10 per arm); rest 60 seconds

A4: [inch worms](#), 3 sets x 10 reps (add two reps each week); rest 60 seconds

A5: [box jumps](#) (alt: [broad jumps](#)), 3 sets x 10 reps (add two each week or try higher jumps); rest 60 seconds

- \* Repeat the circuit twice more for a total of three circuits (or 3 sets of each exercise).
- \* After the box jumps, you can take a longer break of 90, 120, or 150-seconds before performing your next set if needed.
- \* Note: If you feel pretty good after you've completed all three sets, you can do 10-15 minutes of light cardiovascular work (i.e. walk, jog, run, jump rope, row, etc.) but don't feel you have to, only if you are feeling good and ready for it.

### Stretch

## DAY 3 WORKOUT (THURSDAY)

### Warm-up

A1: walking lunges (with or without dumbbells), 3 sets x 20 reps (10 per leg); rest 60 seconds

A2: lat pull-down (alt: one-arm DB row, inverted row, machine lat pull-down) 3 sets x 12-15 reps; rest 60 seconds

A3: hand release push-ups (wall push-ups, knee push-ups, incline push-ups) 3 sets x 12-15 reps; rest 60 seconds

A4: plank knee-to-elbows, 3 sets x 20 reps (10 on each side); rest 60 seconds

A5: toe touches with jump, 3 sets x 20 reps; rest 60 seconds

- \* Repeat the circuit twice more for a total of three circuits (or 3 sets of each exercise).
- \* After the toe touches, you can take a longer break of 90, 120, or 150-seconds before performing your next set if needed.
- \* Note: If you feel pretty good after you've completed all three sets, you can do 10-15 minutes of light cardiovascular work (i.e. walk, jog, run, jump rope, row, etc.) but don't feel you have to, only if you are feeling good and ready for it.

### Stretch

## DAY 4 WORKOUT (FRIDAY)

### Warm-up

A1: walk/jog/run/row, 10 minutes; rest 60 seconds

A2: sit-ups, 1 set x 20 reps; rest 60 seconds

A3: walk/jog/run/row, 10 minutes; rest 60 seconds

A4: bird dogs, 1 set x 20 reps (10 per side); rest 60 seconds

A5: walk/jog/run/row, 10 minutes

### Stretch

## REST DAYS

Use your rest days wisely by being active. Check out some ideas for keeping your body moving in the *Workouts Guide*.

---

## EXERCISE DESCRIPTIONS FOR THIS WORKOUT LEVEL

---

### DAY 1 WORKOUT

#### Step-Ups

Movement: lower body push

Muscles: quad, hamstring, glute

- \* Start with feet shoulder width apart with your body facing a box, stair, bench, chair, or other sturdy object that is elevated off of the ground.
- \* Step onto elevated object with your right foot. Then step up with your left foot so that you are standing on top of the elevated object.
- \* Step down with left foot, and then step down with right foot so that you are back to the starting position.
- \* Repeat this process until required numbers of reps are completed.
- \* Once you've completed required number of reps on the right leg, move onto the left leg.

Keep your upper body nice and tall. Avoid leaning over onto your knee as you step onto the elevated object. You can do this by focusing on pressing through your heel.

#### [Step-up Demonstration](#)

Optional substitutes: [walking lunges](#) or [lunges](#), lower body push movements



## Push-Ups

Movement: upper-body push

Muscles: chest, shoulder, triceps

- ✦ Start in a plank position with hands slightly wider than shoulder width apart.
- ✦ Make sure that your arms are not in front of you. There should be a straight line going down from your shoulders to your hands where they meet the ground.
- ✦ Keep your abs tight and your hips down (you should be flat, no butts sticking up in the air).
- ✦ Lower yourself to the ground in a controlled manor. Make sure your chest touches the ground.
- ✦ Once you touch the ground, push up explosively by straightening the arms. Make sure that your hips raise off of the ground at the same time.
- ✦ Repeat.

If regular push-ups are too difficult you can try the following progressions.

Easiest: [wall push-ups](#)

Intermediate: [incline push-ups](#)

Intermediate #2: knee push-ups

Advanced: [explosive push-ups](#), [clapping push-ups](#), or [decline push-ups](#), [ring push-ups](#)

[Push up demonstration](#)

Additional substitutes: other upper body pressing movements from *DIY Chart*

## Inverted Rows

Movement: upper body pull

Muscles: back, biceps, forearms/grip

- ✦ Start by lying underneath a sturdy object (table, truck bed, weight bar, Olympic rings, swing set).
- ✦ Allow enough room so that your arms are fully extended while lying underneath the object. Your back should be slightly off the ground.
- ✦ Hands should be a little wider than shoulder width apart.
- ✦ Keep your legs straight and your toes off of the ground. Your body should form a nice straight line. Now pull your lower chest as close to the object over top of you. Slowly lower yourself back to the starting position or until you arms are complete straight. Pause for a second and repeat.

If inverted rows are too difficult, try bending your knees a little more, or try holding onto something that is not as low to the ground. The more horizontal/parallel you are with the ground the harder this exercise will be. The more vertical or perpendicular you are with the ground the easier it will be.

Easiest: [band rows](#) or [machine cable rows](#) or [swing rows](#)

Intermediate: [DB rows](#) or [one-arm DB rows](#), or [close-grip cable rows](#)

Intermediate #2: [lat pull down](#), [ring rows](#)

Advanced: [pull-ups](#)

[Inverted Rows Demonstration](#)

## Hip Raises

Movement: lower body pressing (also works pulling muscles)

Muscles: hamstring, glute, hips

- ✦ Lay flat on the ground with your right heel elevated on a bench, box, stair, chair, etc. and slightly bent at the knee.
- ✦ Extended your left leg so that your toe is pointing to the sky. Your arms and hands should be extended wide to your sides to allow for balance.
- ✦ Press into the elevated object with your right heel, while at the same time lifting your hips off of the ground. Extend your hip as high as you can. Once they are extended, hold this position for a second or two and squeeze your butt cheeks together :).
- ✦ Slowly lower your hips back to the ground and repeat. Complete required reps on the right leg and then move to the left leg.

If these are too difficult, you can remove the elevated leg and simply place it flat against the ground. You can also perform this exercise without elevating either leg to decrease difficulty.

### [Hip Raises Demonstration](#)

Optional substitutes: Modified hip raise, [chair leg curl](#) or other lower body pulling movements

## Jumping Jacks

Movement: cardiovascular/muscular endurance

- ✦ Start with feet together and arms by your side.
- ✦ In one smooth jumping motion, spread your legs wide and move your arms up over your head and clap.
- ✦ In one smooth jumping motion, move your feet back together while at the same time moving your arms back to your sides.
- ✦ Repeat for the required number of reps.

Make sure that you use big, exaggerated arm and leg movements. Try to keep your arms as straight as possible. Imagine making a snow angel. You can also move your legs front and back as opposed to the side.

### [Jumping Jacks Demonstration](#)

Optional substitutes: other cardiovascular movements

## DAY 2 WORKOUT

### Squats

Movement: lower body pressing

Muscles: quads, hamstrings, glutes

- ✦ Stand tall with your feet slightly wider than shoulder width apart. You can either point your toes straight ahead or slightly out.
- ✦ Put your weight back slightly on your heels and lower your butt by pushing it back slightly. Imagine yourself sitting in a chair.
- ✦ Keep your lower back straight and weight on the heels. Try to avoid having your upper body lean forward over your knees. You want to keep your chest high and elevated.
- ✦ As you get to the bottom of the squat, maintain good depth by trying to get the crease of your hips parallel or slightly below the crease of your knees (your thighs will be parallel to or slightly lower than parallel with the ground).
- ✦ Explode back up to the starting position by pushing through your heels. Make sure you stand up nice and tall (open up your hips) before going down for your second rep.

Pay attention to your knees. You want them to avoid sinking in on you as you squat. If this is happening, really focus on pushing them outwards so that they are tracking over your toes.

#### Squats Demonstration

Optional substitutes: [lunges](#), [DB squats](#), other lower body pressing movements

## Overhead Press

Movement: upper body pressing

Muscles: shoulder, triceps

- \* Stand with your feet shoulder width apart. Keep your back straight and abs tight. You may want to squeeze your butt cheeks.
- \* Hold the dumbbells slightly above shoulder height. Your palms can be facing each other or straight ahead.
- \* Press the weights explosively straight up and over your shoulders. Your arms should be fully extended and straight.
- \* Pause for a second at the top of this movement and slowly bring the weights back down to shoulder height (try taking about 2-3 seconds to lower them).
- \* Try not to use your legs to assist the dumbbells in going overhead. Focus on using your shoulders and arms.

Keep your abs tight so that your back does not arch during the movement. If you do not have dumbbells, kettlebells, or a barbell, you can try using paint cans, water bottles, rocks, etc.

If this is too difficult, you can try a [wall press](#).

### [Overhead Press Demonstration](#)

Optional substitutes: [barbell press](#), [wall press](#), upper body pressing movements

## Plank Dumbbell Rows

Movement: upper body pulling

Muscles: back, shoulders, biceps, abs

- ✦ Place two dumbbells on the ground. Grip the both of them and come up into a plank position, which is very similar to the push-up position. Your back should be flat, your arms should form a straight line from your shoulders down to your wrist.
- ✦ Keep your abs tight and lift the dumbbell with your right hand off of the ground by pulling your elbow back. Pretend like you are trying to elbow a mugger behind you. You may want to slightly rotate your right hip towards the ceiling as you pull your right elbow back
- ✦ Carefully lower the dumbbell back down to the ground. Once you are stable, repeat the process using your left arm.
- ✦ Keep alternating arms like this until all of your reps are completed.

You can make this exercise easier by using a wall to help brace your feet (this should stabilize you). You can also perform this exercise from your knees.

### [Plank Dumbbell Rows Demonstration](#)

Optional substitutes: [DB rows](#), [inverted rows](#), [one-arm DB rows](#), upper body pulling movements

## Inch Worms

Movement: full body

Muscles: abs, arms, shoulders, hamstrings

- ✦ Start by standing up nice and straight.
- ✦ Reach towards the ground directly in front of your toes. Try and keep your legs as straight as possible, but bending them slightly is ok. You want to feel a stretch in your hamstrings as you do this.
- ✦ Touch the ground with your fingertips, and then place your hands on the ground.
- ✦ Slowly walk your hands out in front of you until you are in a plank or push-up position.
- ✦ Hold this plank position for a second, and then walk your feet towards your hands using small baby steps (one inch steps at a time).
- ✦ Keep walking your legs towards your hands until your feet are right behind them, and your fingertips are touching the ground.
- ✦ Then stand up nice and tall and repeat.

You can add in a push-up while in the plank position of this movement if you'd like, but it is not required.

### [Inch Worms Demonstration](#)

Optional substitutes: [bear crawl](#)



## Box Jumps

Movement: jumping

Muscles: cardiovascular, muscular endurance, legs

- \* Start by standing in front of an elevated box, bench, step, or stable object.
- \* Bend at the knees, and then explode off of the ground using both feet.
- \* Land so that both feet are on top of the object. Once on top, stand nice and tall so that your hips open up.
- \* You can hop (or step) back down to the starting position (make sure to alternate legs as you step down with each rep).
- \* Once you are back to the starting position, try and jump back up on the object as quickly as possible.

You can also substitute broad jumps or squat jumps if you do not have a safe object to jump onto or are nervous about the height.

### [Box Jumps Demonstration](#)

Optional substitutes: [broad jumps](#), [squat jumps](#)

## DAY 3 WORKOUT

### Walking Lunges

Movement: lower body pressing

Muscles: quads, hamstrings, glutes

- ✦ Start with your feet shoulder width apart. Then step out with your left leg and lower your right knee to the ground (if you paused here you would have a 90 degree angle in your left knee).
- ✦ Raise yourself back up by pressing into your left heel. As you do this, bring your right leg forward so that it meets your left leg position. You'll now be back in the starting position.
- ✦ Repeat these steps, but this time with your right leg.
- ✦ Make sure that you stand up nice and tall before going into the next lunge.
- ✦ Repeat and continue to alternate legs until you've completed your reps.

As you lunge out make sure your knee does not come over your toe. You will want to keep your upper body nice and tall as well, so that you are not leaning over top of your knee. You can also perform standing lunges or reverse lunges.

[Walking Lunges Demonstration](#) (with or without dumbbells)

Optional substitutes: [lunges](#), [reverse lunges](#), lower body pressing movements

## Lat Pull-Down

Movement: upper body pulling

Muscles: Back, biceps

- \* Reach up for the pull-down bar so that your arms are fully extended (you may even need to grab it while standing up). Your hands will be slightly wider than shoulder width apart, with your palms facing away from you.
- \* Before you pull the bar down to your chest, squeeze your shoulder blades together by pulling your shoulders back (pretend like you're trying to pinch a pencil between them).
- \* Next, pull the bar down to your chest at about nipple level by pulling your elbows behind you. Touch the bar to your chest, and hold it there for a brief second.
- \* Take about 2 to 3 seconds to return the bar back to its starting position. Pause for a brief second with your arms fully extended, and then repeat for your second rep.

### Lat Pull-Down Demonstration

Optional substitutes: upper body pulling movements, [one-arm DB rows](#), [DB rows](#), [inverted rows](#), [pull-ups](#), [jumping pull-ups](#), or [band pull-ups](#)

## Hand-Release Push-Ups

Movement: upper body pressing

Muscles: chest, shoulders, triceps

- ✦ Start in a plank position with hands slightly wider than shoulder width apart.
- ✦ Make sure that your arms are not out in front of you. There should be a straight line going down from your shoulders to your hands where they meet the ground.
- ✦ Keep your abs tight and your hips down (you should be flat, no butts sticking up in the air).
- ✦ Lower yourself to the ground in a controlled manor. Make sure your chest touches the ground.
- ✦ Once you touch the ground you will pick up your hands off of the ground. You will now be laying flat on the ground. Pause in this position for a very quick second.
- ✦ Place your hands back on the ground and explosively press up.

If these push-ups are too difficult you can try the following progressions.

Easiest: [wall push-ups](#)

Intermediate: [incline push-ups](#)

Intermediate #2: knee push-ups

Advanced: [explosive push-ups](#), [clapping push-ups](#), or [decline push-ups](#), [ring push-ups](#)

[Hand-Release Push-Ups Demonstration](#)

Additional substitutes: or other upper body pressing movements

## Plank Knees-to-Elbows

Movement: core

Muscles: abdominal

- ✦ Start in a plank position with hands slightly wider than shoulder width apart.
- ✦ Make sure that your arms are not out in front of you. There should be a straight line going down from your shoulders to your hands where they meet the ground.
- ✦ Keep your abs tight and your hips down (you should be flat, no butts sticking up in the air).
- ✦ Bring your right knee as close to your left elbow as you can by rotating your hips and pulling it across your body.
- ✦ Bring your right leg back into the starting plank position.
- ✦ Repeat with your left leg.

You want to bring your knee as close to your elbow as you can. Try and touch it, pausing there for a brief second before returning back into your plank position.

### [Plank Knees to Elbows Demonstration](#)

Optional substitutes: [sit-ups](#), [leg raises](#), [v-ups](#), [grasshopper](#), [steam engines](#)

## Toe Touches with Jump

Movement: cardiovascular, muscular endurance

- ✦ Start by standing with your feet shoulder width apart.
- ✦ With a slight bend in your knees reach down and touch the ground in front of your toes (bend your knees a little bit more if you need to).
- ✦ Return swiftly to the starting position, but as you do so, quickly jump off of the ground.

You want to be pretty quick with this movement.

[Toe Touches with Jump Demonstration](#)

## DAY 4 WORKOUT

I'm going to spare you a video of me walking, running, biking, rowing, or jumping rope for 10 minutes. I'm confident you know how to do those exercises. Take your time easing into those 5-10 minutes of cardiovascular work. I really want you to push for 10 full minutes, but if you're not ready, just go for 5.

## Sit-Ups

- ✦ You have the option of doing butterfly sit-ups or anchoring your feet underneath the couch, bench, dumbbells, or some other stable object.
- ✦ Start by lying flat on the ground. Your lower back and shoulders should be flat on the ground.

- ✦ You can use your arms for a little momentum if you need it, but try and avoid putting your hands on the back of your head (so as to not pull on your neck).
- ✦ Use your abdominals to pull your shoulders off the mat, and continue coming up until you stretch past your toes and touch the ground in front of them (butterfly sit-up) or until your chest touches your thighs (anchored sit-up).
- ✦ Return back to the starting position by first lowering you lower back to the ground, then mid back, and finally shoulders so that they touch the ground. This should be done in one smooth and swift motion.

### Butterfly Sit-Ups Demonstration

## Bird Dogs

- ✦ Come to a hands and knees position on an exercise mat, positioning your knees underneath your hips and the crease of your wrists directly underneath your shoulders. Your fingers should be pointing forward.
- ✦ Tighten your core and keep your lower back in a neutral position or flat.
- ✦ You will be moving the opposite arm and leg simultaneously. It is very helpful to use a mirror to assist with form adjustments. Begin by slowly lengthening the left leg until it is long and strong. Lift the leg off the floor until it is at or near parallel to the floor. The leg should not be lifted above hip height. This will help to avoid upward rotation at the hip.
- ✦ Slowly raise and straighten your right arm. Attempt to raise the arm until it is at, or near parallel, to the floor. Do not allow the shoulders to tilt upward. Keep both shoulders parallel to the floor. Your head is an extension of your spine and should remain aligned with the spine throughout the movement. Do not lift the head or let it sag downward.



- ✦ Gently lower yourself back to your starting position, maintaining balance and stability in the shoulders, pelvis and torso.
- ✦ During this phase of changing sides, work very hard to keep the abdominals engaged.

### Bird Dogs Demonstration