

No Equipment, No Problem

With Robin O’Grady

There are many situations as fitness professionals that we find ourselves with little to no equipment. Often in a group fitness class we may not have enough of the tools we’d like to use for our group. As personal trainers we sometimes want to run a bootcamp in a community centre or outside, so it can be challenging to bring a lot of equipment with us.

Many times, we also want to challenge our groups with body weight exercises. The power of learning to move well is one of the best things we can offer our clients. A large percentage of the clients we see coming in are still learning how to connect mind and body, a no equipment class can be a great place for them to start. Then as they become more body aware we can add more and more movement to their repertoire.

What is your favorite class format for no equipment? _____

Let’s get creative – Consider all planes

Exercises	Modifications	Progressions	Important Cues
Squat	- - - -	- - - -	
Lunge	- - - -	- - - -	
Push	- - - -	- - - -	
Pull	- - - -	- - - -	
Other	- - - -	- - - -	
Consider...	Safety considerations		
Headstands Handstands Rolls Cartwheels Plyometrics Specialized styles	Client preparedness/neck alignment/safety of your space/your knowledge and scope of practice		

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