

Get Fit Quick: Best Full-Body Workout Without Weights

By Bas Rutten - For Active.com



Treadmill Intervals: 30 seconds on, 30 seconds off, 15 times



Rotation Step 1



Rotation Step 2



Rotation Step 3



Rotation Step 4



Hip Thrusters Step 1



Hip Thrusters Step 2



Hip Thrusters Step 3



Prone Cobra Step 1



Prone Cobra Step 2



Prone Cobra Step 3



Towel Pull Step 1



Towel Pull Step 2



Towel Pull Step 3



Towel Row Step 1



Towel Row Step 2



Towel Row Step 3



Towel Row Step 4



Towel Row Step 5



Towel Row Step 6



Explosive Push-Up Step 1



Explosive Push-Up Step 2



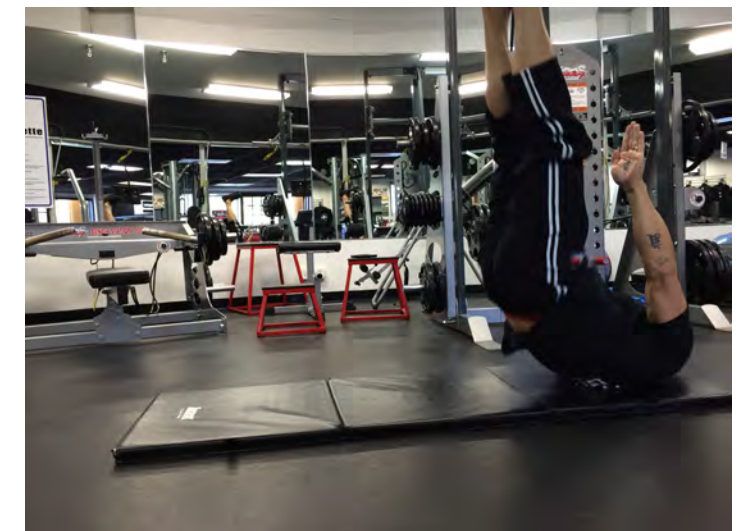
Explosive Push-Up Step 3



Reverse Crunch Step 1



Reverse Crunch Step 2



Reverse Crunch Step 3



Reverse Crunch Step 4



Reverse Crunch Step 5