



**BlueCross BlueShield  
of Florida**

An Independent Licensee of the  
Blue Cross and Blue Shield Association

# *No Equipment? No Problem!*

## • Lower Body



**LUNGES**



**SQUATS**



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# *No Equipment? No Problem!*

- **Chest**



**PUSH-UPS**



**CHEST PRESS**



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## • Triceps



**TRICEPS  
KICKBACK**



**OVERHEAD  
TRICEPS  
EXTENSION**



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# *No Equipment? No Problem!*

- **Back**



**UPRIGHT  
ROW**



**BENT OVER  
ROW**



# *No Equipment? No Problem!*

- **Biceps**

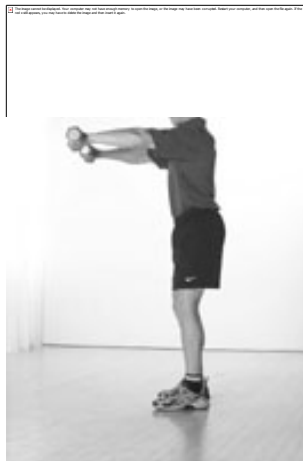


**ARM CURL**

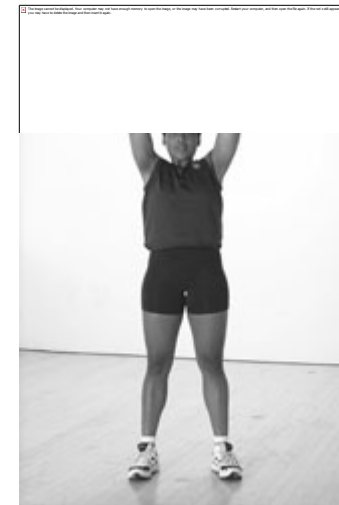
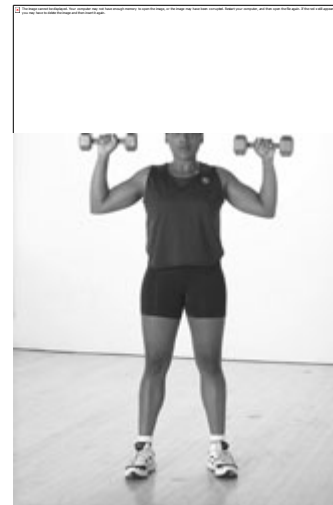


# *No Equipment? No Problem!*

- Shoulders**



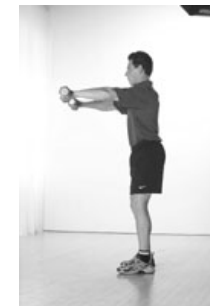
**FRONT  
RAISE**



**SHOULDER  
PRESS**



## *Simple Circuits*



**Do 12-15 repetitions of each exercise.  
Repeat the entire circuit 2-3 times.**



## Simple Circuits



**Do 12-15 repetitions of each exercise.  
Repeat the entire circuit 2-3 times.**