



No Weights, No Gym, No problem

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# Full Body Transformation Process

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A “NO WEIGHTS, NO GYM” approach to creating a movement and eating practice for strength, health, and ideal weight.

*This is a general starting point. Not everyone is starting with the same fitness level and personal adjustments may be needed. If you would like a personalized approach to your goals I can help, email Anthony at [evolveintofitness\\_info@yahoo.com](mailto:evolveintofitness_info@yahoo.com).*

## The why!

Write your personal, detailed, powerful WHY/GOAL. Something that when you read it will flip a switch in you and get you moving on your hardest days. *Ex: I want to be able to get down on the floor and play games with my children. I have a family history of diabetes and I do not want to develop that horrible disease. I want to be able to wear clothes from ANY store!*

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## The movements!

The FULL BODY 5! Five body weight movements we are going to use to create your workouts.

- Push ups
- Floor prone cobra
- Squats
- Lunges
- Tuck hold

Exercise skill description:

### **Push up:**

*Main points of performance:*

- Keep your body in a straight line from heel to head.
- Fight to keep every muscle in your body tight.
- Keep your shoulders away from your ears and neck.
- Remember, to keep your armpits tight, your midsection tight, your butt tight and your knees locked.

### **How it's done:**

1. Place your hands on the floor under your shoulders, elbows locked, body straight, and your toes on the floor.
2. Bend your elbows and pull yourself forward through your arms until you are as close to the floor as you can without touching the floor.
3. Push the floor away, like you are pushing open a heavy door, until your arms are straight again.

*\*Remember, keep your midsection (abdominals) and armpits tight!*

Watch this video to see how it's done. [PUSH UP video.](#)

### **Floor Prone Cobra:**

*Main points of performance:*

- Keep your midsection tight.
- Keep your neck straight by tucking your chin toward the back of your neck and facing the floor throughout the movement.
- Discourage lifting your chest off the floor.
- Keep your hands and arms hovering off the floor.
- Keep your feet on the floor.

### **How It's done:**

1. Lay face down on the floor with your arms straight out over your head like Superman.
2. Tighten your midsection by completing a little crunch enough to tighten your abs and to move your ribs toward your belly button. Squeeze your butt muscles so they feel strong for the whole movement.
3. Now, pull your shoulder blades down toward your lower back, making space between your shoulders and neck.
4. Pull your arms out toward your sides and at the same time turn your elbows toward your body.
5. Reverse the motion to return to the Superman start position.

*\*Remember, your shoulder blades have to move for this to be effective and resist looking up. Keep your chin in your neck.*

Watch this video to see how it's done. [FLOOR PRONE COBRA video.](#)

### **Squats:**

*Main points of performance:*

- Keep your eyes and chest facing forward.
- Keep your back straight from your tailbone to your head.
- Bend, first, by unlocking at the hip and then at the knees and ankles.
- Keep your heels on the ground.
- Remember to keep your midsection (abdominals) tight, like you are bracing for a punch!

### **How it's done:**

1. Start, by bending at the hip and sending your butt backward like you are going to sit in a chair and feel your weight move toward your heels.
2. Next, bend the knees and sit between your heels. *\*Remember, keep your back straight!*
3. Push your knees apart-push your whole foot into the floor, like you want to leave a footprint in the floor, and squeeze your butt muscles strong as you stand up straight.

Watch this video to see how it's done. [SQUAT video.](#)

### **Lunges:**

*Main points of performance:*

- Start stance, stand with your feet shoulder width apart.
- Inhale before you step.
- Maintain an erect posture, don't round your upper or lower back.
- Avoid the feeling of being on a tightrope.

### **How it's done:**

1. First, from the start stance, take a large step forward-like stepping over a puddle (puddle step position.) This shouldn't feel like a stretch.
2. Now, with your body evenly distributed between both legs, bend both knees and lower the back knee as close to the ground as you can with control.
3. Finally, push 100% with both legs until they are straight. This will return you to the puddle step position.
4. Complete all the repetitions on one leg before moving to the other leg.

*\*Remember, resist rounding forward during lunges!*

Watch this video to see how it's done. [LUNGES video.](#)

## **Tuck Hold:**

*Main points of performance:*

- Lower back flat on the floor.
- Upper back peeled off the floor.
- “No doubt” your abdominals are holding you in position.
- Keep your eyes gazing toward your knees.
- Count your breaths as repetitions.

## **How it's done:**

1. Lay on the floor facing up, with your knees bent 90 degrees and both feet flat on the floor.
2. With your arms hovering at your sides, reach toward your ankles. This will cause you to peel your head and shoulders off the floor, like a crunch.
3. Now, your upper back is off the floor, and your lower back is pressed into the floor. Check!
4. Raise your knees up to rest over your belly button. Your feet will be off the floor.
5. Breath while you hold this shape.

*\*Remember, if you feel any pain in your back or neck, stop immediately. Try to get into position again. If that works, reduce the time in the Tuck hold until your neck gets stronger.*

Watch this video to see how it's done. [TUCK HOLD video.](#)

## **The workouts!**

### **Workout A**

Push up

Squat

Tuck Hold

### **Workout B**

Floor Prone Cobra

Lunge

Tuck hold

### **Workout C**

Walking and breathing

## The Schedule!

It's really up to you. Choose a schedule that causes the least burden to your day. Here is an optimal schedule.

|        | Monday    | Tuesday   | Wednesday | Thursday  | Friday    | Saturday  | Sunday |
|--------|-----------|-----------|-----------|-----------|-----------|-----------|--------|
| Week 1 | Workout A | Workout C | Workout B | Workout C | Workout A | Workout C | OFF    |
| Week 2 | Workout B | Workout C | Workout A | Workout C | Workout B | Workout C | OFF    |

## The Strategy!

I believe simplicity is key. So your goal per workout is to practice the movements to improve accuracy and safety, and increase the total repetitions per workout. I am going to give you 2 goals to help you progress.

### First goal!

**Upper body movements:** Push ups, Floor prone cobra, and Tuck hold.

*Work up to completing 5 sets of 5 repetitions per set with good form.*

**Lower body movements:** Squats and Lunges.

Work up to completing 5 sets of 10 repetitions per set with good form.

**Recovery:** 30 seconds between exercises.

Here is a **sample** overlaid with our schedule.

When you see this: 3x5x30 sec

It means this: 3 sets x 5 reps x 30 second recovery

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  | Sunday |
|--|-----------|--|-----------|--|-----------|--------|
| Workout A<br>Push up<br>3x5x30sec<br>Squat<br>3x10x30 sec<br>Tuck Hold<br>3x5x30 sec | Workout C | Workout B<br>Floor Prone<br>Cobra<br>3x5x30 sec<br>Lunge<br>3x10x30sec<br>Tuck hold<br>4x5x30sec | Workout C | Workout A<br>Push up<br>4x5x30sec<br>Squat<br>4x10x30 sec<br>Tuck Hold<br>5x5x30 sec | Workout C | OFF    |
| Workout B<br>Floor Prone<br>Cobra<br>4x5x30 sec                                      | Workout C | Workout A<br>Push up<br>5x5x30sec<br>Squat   | Workout C | Workout B<br>Floor Prone<br>Cobra<br>5x5x30 sec                                      | Workout C | OFF    |

|  |  |   |  |   |  |  |
|--|--|---|--|---|--|--|
| Lunge<br>4x10x30sec<br>Tuck hold<br>*8-5-5-5-5x30s<br>ec |  | 5x10x30 sec<br>Tuck Hold<br>*10-6-5-5-5x30<br>sec |  | Lunge<br>5x10x30sec<br>Tuck hold<br>*10-9-5-5-5x30<br>sec |  |  |
|--|--|---|--|---|--|--|

### \*Next Goal!

**Upper Body:** After achieving the first goal of 5 sets of 5 repetitions. Every workout, increase the repetitions until you achieve a total of 50 repetitions. (sample progression. 5x5(or 5-5-5-5-5)=25 reps. Next workout, increase the reps in the first set only, like this 7-5-5-5-5=27 reps. Continue that way, each workout, until your sets and reps look like this; 10-10-10-10-10=50 reps!)

Once you achieve this goal with a movement, repeat the first goal, however use the next progression of the movement from the How it's done videos.

**Lower Body:** After achieving the first goal of 5 sets of 10 repetitions. Every workout, increase the repetitions until you achieve a total of 100 repetitions. (sample progression. 5x10(or 10-10-10-10-10=50 reps., next workout, increase the reps in the first set only, like this 14-10-10-10-10=54 reps. Continue that way each workout until your sets and reps look like this; 20-20-20-20-20=100 reps.!)

Once you achieve this goal with a movement, repeat the first goal, however use the next progression of the movement from the How it's done videos.

This "may" look like this...

|        | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  | Sunday |
|--------|--|-----------|---|-----------|--|-----------|--------|
| Week 1 | Workout A<br>Push up<br>8-5-5-5-5x30sec<br>Squat<br>13-10-10-10-10<br>x10x30 sec<br>Tuck Hold<br>10-10-7-5-5x30<br>sec | Workout C | Workout B<br>Floor Prone<br>Cobra<br>7-5-5-5-5x30<br>sec<br>Lunge<br>14-10-10-10-10-10<br>x30sec<br>Tuck hold<br>10-10-10-5-5x<br>30sec | Workout C | Workout A<br>Push up<br>10-6-5-5-5x30<br>sec<br>Squat<br>16-10-10-10-10<br>x30 sec<br>Tuck Hold<br>10-10-10-7-5-5<br>x30 sec | Workout C | OFF    |
| Week 2 | Workout B<br>Floor Prone<br>Cobra<br>10-5-5-5-5x30<br>sec<br>Lunge   | Workout C | Workout A<br>Push up<br>10-9-5-5-5x30<br>sec<br>Squat   | Workout C | Workout B<br>Floor Prone<br>Cobra<br>10-7-5-5-5x30<br>sec<br>Lunge   | Workout C | OFF    |

|   |  |  |  |   |  |  |
|---|--|--|--|---|--|--|
| 18-10-10-10-10<br>x30sec<br>Tuck hold<br>10-10-10-9-5x3<br>0sec |  | 20-10-10-10-1<br>0x30 sec<br>Tuck Hold<br>10-10-10-10-7<br>x30 sec |  | 20-12-10-10-10<br>x30sec<br>Tuck hold<br>10-10-10-10-10<br>x30sec |  |  |
|---|--|--|--|---|--|--|

**WALKING AND BREATHING :: ACTIVE RECOVERY :: CARDIOVASCULAR ENDURANCE**

Keep it simple. Get outside whenever you can for this. Take deep breaths of fresh air. Don't think of exercise; this is rediscovering your surroundings. Explore. For this workout maintain a casual pace. Stop when you see or hear something that interests you. Increase your time walking (outdoors preferably, however a treadmill by an open window is good too.) every week.

Like this...

|        | <b>Monday</b> | <b>Tuesday</b>                         | <b>Wednesday</b> | <b>Thursday</b>                        | <b>Friday</b> | <b>Saturday</b>                        | <b>Sunday</b> |
|--------|---------------|--|------------------|--|---------------|--|---------------|
| Week 1 | Workout A     | Workout C<br>Walk<br><b>10 minutes</b> | Workout B        | Workout C<br>Walk<br><b>10 minutes</b> | Workout A     | Workout C<br>Walk<br><b>15 minutes</b> | OFF           |
| Week 2 | Workout B     | Workout C<br>Walk<br><b>15 minutes</b> | Workout A        | Workout C<br>Walk<br><b>10 minutes</b> | Workout B     | Workout C<br>Walk<br><b>20 minutes</b> | OFF           |
| Week 3 | Workout A     | Workout C<br>Walk<br><b>15 minutes</b> | Workout B        | Workout C<br>Walk<br><b>15 minutes</b> | Workout A     | Workout C<br>Walk<br><b>25 minutes</b> | OFF           |
| Week 4 | Workout B     | Workout C<br>Walk<br><b>20 minutes</b> | Workout A        | Workout C<br>Walk<br><b>15 minutes</b> | Workout B     | Workout C<br>Walk<br><b>30 minutes</b> | OFF           |

**The eating strategy!**

**First. Why, what, where, when?** You may have a lot of questions when it comes to eating for weight loss and weight management. I want to use this section on eating to bridge the “gap” between a good idea and good action. Here we go!

**Why?** There are many reasons to change our current eating behaviors. Some are common to all of us, and some are very personal; and some personal may be more common than you think. In a couple of sentences write down why eating better than you are now is important to you.

Also, give yourself a number on the scale of 1-10 how the way you eat and your current health make you feel (10 being “I feel like I eat all the wrong things, for all the wrong reasons and my health is suffering partly because of it,” and 1 being “I have found a way for eating that is healthy and sustainable.”)

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**What?** Anything you know that is healthier than last time. Pick one. Apple or chocolate bar? I’m guessing you picked apple. Great job! Now, here is a harder one! Frozen, highly processed T.V. dinner (you know, with the gooey mystery dessert) or a frozen bag of chicken breast strips? You probably know more than you think about eating better. Now, I want you to practice what you know and learn new things!

**Do this now.** Think of one food item that is on your grocery list. Something you buy every week. Now, write down a healthier item to replace it. Like this:

| Current item                     | Healthier item                                      |
|----------------------------------|---|
| Apple pie flavored breakfast bar | An Apple, chopped, with cinnamon added. <i>Yum!</i> |
|                                  |   |

Use our [Friendly Food list](#) to help you!

If you did that. *Great Action!* If you didn’t. *Go back and do it. I’ll wait...Ok, Great Action!* This is what developing an eating behavior lifestyle plan looks like. One good idea immediately followed by one good action!

Next, add the healthier item to your list and buy it and eat it, and then do it with another item!

**Where?** This is what I do, however I think there is science out there to back it up. Give it a try and if it brings a sustainable healthy behavior to you let me know.

Eat in the Kitchen or your home's typical dining area. I think of it this way. I am much less likely to eat in my bathroom. Hey, I keep it clean. However, it’s frowned upon to bring food where I defecate. Plus, I would never go to work in my pajamas or naked. That’s why it’s called a nightmare folks!

**Consider this.** Associate eating with one or two, appropriate, places in your home; like the kitchen or another dining area. I would discourage eating where you watch television or the bedroom. Once this becomes a regular behavior, you will think about food a lot less outside the designated areas. Oh, I

almost forgot. Please do not eat in your car. That's a tough one, and worth fighting for. It's a slippery slope. This may take some time. Good! You are worth the effort.

Write down the one or two designated eating areas you chose. Remember, they don't have to be in your home only. We have to have lunch at work some time!

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**When? *Whenever you are hungry!*** This can be tricky, because hunger pains can come for many reasons. Sometimes hunger pains can even be ignored! Part of the "learning new things" I mentioned earlier will include learning about yourself. A self discovery of how food makes your body and mind feel. Here are some things to consider when identifying the appropriate time to eat.

- Eating at night throws off our bodies natural processes for recovery and maintenance. So, respect your body's natural ability to heal itself and eat no earlier than 7:00AM and no later than 7:00PM most days.
- It's common to eat in response to how we feel at any given time. When you are pulled to eat, ask yourself, "Am I eating because of stress, procrastination or distraction, reward, fear, pain, disappointment." I am raising my hand, I have done them all. You may still decide to eat or you might not. Eat when you feel hunger in your belly, not your mind. This may take time to become a new behavior. That's ok!
- You might just be dehydrated! Drink a glass of water and see if hunger appears again in 20 minutes or so, and then reevaluate.
- With family and friends! Hey, we are human beings and we move and live in relationships with other people. We love to celebrate milestones with get togethers and food. That's good! Now, ask yourself, "Am I here to hang with my buds, or to chow down?" I was surprised when I asked myself this question a few years back. I WAS looking forward to the food over friendships. I was heartbroken and felt a little personal shame. I didn't want to continue this way. Now, I go to parties with good intentions and good actions. I still indulge at times. However, I don't binge.

*Phew! Pause here and take a breath or five. You deserve it.* I know that was a lot of info. Please, read it and then put it away. Come back to it in a week. All of this is to guide and help you. Remember, we want good ideas immediately followed by good action. Don't do everything. Just do ONE THING, NOW.

**Finally, and most important!**

Do you believe this will work for you? **YES or NO**

You see, I know it will work for you. Science knows it will work for you...

However, if you don't believe it will...*Why not?*

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Without believing in this process I already know you will not be successful with it. Remember, you brush your teeth everyday because you believe it will reduce tooth decay and give you a bright smile; and it will. It's the same with the process of reaching new health, weight management and strength goals. Your belief will directly affect your good actions; the frequency and consistency needed to achieve lifelong success and reach your goals.

Let me know if there is any other way I can help.

What were your results following this process? Let me know what you achieved or learned from the process. Your testimony will help to motivate others to reach for more, in their life and health goals and help me to improve the presentation and effectiveness of this process for future clients.

Thanks again for being such a loyal subscriber!

Follow my new Instagram: [Evolve\\_into\\_Fitness\\_LLC](#).

God bless you,

Anthony Figueroa  
Evolve Into Fitness LLC  
Faith. Family. Fun. Fitness. Community.

# Exercise Progressions Cheat Sheet

## Upper Body

### Push Up:

1. Wall Push - when you can complete 5 sets of 10 repetitions, move to the next progression.
2. Hands elevated push up/waist high - when you complete 5 sets of 10 repetitions move to the progression.
3. Hands elevated push up/hip high - when you complete 5 sets of 10 repetitions move to the progression.
4. Hands elevated push up/knee high - when you complete 5 sets of 10 repetitions move to the progression.
5. Floor kneeling push up - when you complete 5 sets of 10 repetitions move to the progression.
6. Floor straight legs down/knees up - when you complete 5 sets of 10 repetitions move to the progression.
7. Floor straight legs down/knees half way up - when you complete 5 sets of 10 repetitions move to the progression.
8. Floor push up - You made it!

### Prone Cobra:

Floor prone cobra - when you complete 5 sets of 10 repetitions you may introduce very light 1 or 2lbs. Dumbbells.

### Tuck Hold:

1. Tuck Hold - when you complete 5 sets of 10 repetitions move to the progression. Remember, repetitions for the tuck hold are counted in breathes. 10 breathes = 10 repetitions.
2. Tuck hold with arms reaching - when you complete 5 sets of 10 repetitions move to the progression.
3. Tuck hold with legs reaching - when you complete 5 sets of 10 repetitions move to the progression.
4. Tuck hold with arms and legs reaching, which is known as the Hollow out - You made it!

## Lower body

### Squat:

1. Wall Tap - when you complete 5 sets of 20 repetitions move to the progression.
2. Chair Squat - when you complete 5 sets of 20 repetitions move to the progression.
3. Assisted Squat - when you complete 5 sets of 20 repetitions move to the progression.
4. Squat to stairs - when you complete 5 sets of 20 repetitions move to the progression.
5. Squat - You made it!

### Lunges:

Static Lunges - when you complete 5 sets of 20 repetitions move to the progression.

## YOUR BONUSES ENJOY!

**Bonus 1:** [One Week Fat Burner Boost](#). A one week hack to turn your body into a fat burning machine!

**Bonus 2:** [Healthy and Fit Course Correction Guide](#). We don't plan to have cheat meals, however sometimes eating out of our plan happens. Use this guide to get right back on course toward your goals with no interruptions.

**Bonus 3:** [31 Guilt Free Dessert Recipes](#). Bake one of these recipes for your next holiday party and enjoy!

**Bonus 4:** [61 Names For Sugar](#). Keep this list on your refrigerator or with your grocery list the next time you food shop, and you won't be deceived again!

**Bonus 5:** [Dietary Fat Guide](#). Fat is good for you and here's why!