



DON'T MOVE!

NO EQUIPMENT, NO MOVEMENT,
BIG GAINS... SOUND TOO GOOD
TO BE TRUE? READ ON!

Staying still is easy right? “Answer that after trying this at home,” says BestFit’s Coach Potts. There’s no equipment necessary. Instead, each exercise is a static hold performed at the point of greatest tension for a period of time. “The burn will

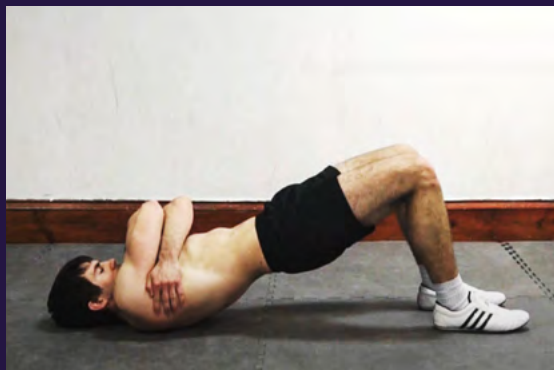
be deep and the aches after will be intense, but you won’t be able to argue that you haven’t had a workout!” This workout is designed to build functional strength and help zap calories.

SO, HOW’S YOUR STAYING POWER? LET’S BEGIN...

Exercise	Sets	Beginner	Intermediate	Advanced	Rest
A Split Squat Hold	3	30s	45s	60s	30-60s
B Glute Bridge	3	30s	45s	60s	30-60s
C Decline Pike Push Up Hold	3	30s	45s	60s	30-60s
D Vertical Pull Hold	3	30s	45s	60s	30-60s
E Push Up Hold	3	30s	45s	60s	30-60s
F Dip Hold	3	30s	45s	60s	30-60s
G Plank	3	30s	45s	60s	30-60s
H Side Plank	3	30s	45s	60s	30-60s
I V Sit Hold	3	30s	45s	60s	30-60s



SPLIT SQUAT HOLD



GLUTE BRIDGE



DECLINE PIKE PUSH UP HOLD



VERTICAL PULL HOLD



PUSH UP HOLD



DIP HOLD



PLANK



SIDE PLANK



V SIT HOLD



**DON'T
MOVE!**

CLICK HERE TO WATCH



THE FULL WORKOUT



ABOUT COACH POTTS

Mike Potter is a qualified level 2 teacher of exercise and fitness for children, a level 3 personal trainer with qualifications in anatomy and physiology for exercise and a qualified level 3 nutritional advisor. He also holds qualifications in kettlebells, boxing and is a student of the Krav Maga system of self defence.

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