We all know exercise is essential to our well-being, but unless you’re a varsity athlete, staying fit while in school can be tough. The University of Alberta’s Van Vliet Fitness and Lifestyle Centre offers an expansive gym in the heart of campus for all your fitness needs. But if you just want to fit a quick full body workout in between study sessions, going to the gym isn’t always practical.

For those times you can’t commit to pumping iron, Fitness and Lifestyle Centre supervisor David Lyle provided us with a quick full body workout requiring no gym equipment that will re-energize you between study sessions as we head into midterm season.

Done in this order, the following workout hits all major muscle groups, starting with the largest to the smallest. Three sets of ten reps per exercise with minimal rest will work up a sweat.

Piriform squat — Put your arms outstretched in front of you or on your shoulders and stand with feet hip-width apart. Keep your chest raised and lower yourself into a squat until your thighs are parallel or lower to the ground. Keep your butt back so your knees don’t go over your toes. Stand up and repeat. “It’s a great stretch for the behind and good for the back because you’re getting good posture and stretching the chest,” Lyle said. “It gets you to open up your chest and pull your shoulders blades back.”

A few sets of these will get your quads burning and will get you one step closer to a pinky team.

Desk pushup — Keeping your core tight, lean onto a desk or table with your hands on the edge, shoulder-width apart. Push up like a regular push up. You should feel this up your arms, shoulders and chest.

Squat — Start with one foot in front of the other with feet hip-width apart. Bend your back leg so you lower yourself into a hugging position. Pause before your knees touch the ground, and push yourself back up with your front leg. “I tell the guys it’s like propelling.” Lyle said. “Think about going straight up and down, not leaning forward and don’t hang your knees off the ground, because that will cause knee pain.”

Best over chair row — Grab a chair or heavy backpack and put it in front of you. With a slight bend in your knees, lean forward and pull the chair to your chest. You’ll be showing that chair who’s boss while seeing gains in your lats.

YTW — “Don’t mind the strange name — just put your arms straight above your head and pull down as if you were doing wide-grip lateral pull downs. Lyle said this simple exercise works the chest while offering a nice stretch.

Plank — This classic exercise will strengthen your entire core as well as arms, shoulders and quads. Make sure you keep your core engaged, back straight and hold the position as long as you can. “A plank is actually a shoulder stability exercise, that’s how it’s originally developed,” Lyle said. “It takes work the core as well. It’s been shown to be the most effective core exercise, and great for the shoulders as well.”

Sitback — “This move is like a sit-up, except your arms are across your chest and you just go down slowly, to the count of seven. It’s very effective and will probably be the hardest one,” Lyle said. “But it’s safe for everybody.” Targeting your abdominals at the end of the routine ensures you don’t tire them out at the beginning. When targeting those broad muscle groups, you don’t want to tire your core early on.

To make these exercises tougher, grab something heavy — like that chemistry book you haven’t yet opened — and hold it to your chest while doing the circuit.

You don’t always need a gym to get a good workout Lyle said. “You could be sitting in one of those seminar rooms for two hours, do this ... and it’s going to get your blood flowing.”

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