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3 QUICK WORKOUTS FOR DAYS WHEN YOU'RE LOW ON TIME

Choose from 20 minutes, 10 minutes or 5 minutes!

No matter how little time you have, you'll find a workout here that fits your schedule.
A little bit of something is better than nothing at all. Every little bit counts!

HOW MUCH TIME DO YOU HAVE?

20 MINUTES

DESIGN YOUR OWN WORKOUT

HOW IT WORKS

STEP 1. Choose a cardio move.

STEP 2. Choose your strength training moves.

STEP 3. Set your timer for 1 minute training with 1 minute rest.

STEP 4. Go!

STEP 1

SELECT CARDIO EXERCISE

Repeat your chosen exercise throughout the workout. You will be doing a minute of cardio in between each strength training move. Don't feel limited to the list here, you can always add your own favorite cardio exercises. One minute of any cardio movement works.

Options:

- Jump Rope
- Sprints
- High knees
- Butt Kicks
- Jumping Jacks
- Burpees
- Jump Squats
- Star Jumps
- 180 Degree Jumps
- Toe Touch Jump Squats

STEP 2

SELECT STRENGTH TRAINING EXERCISES

Select 7 exercises for a 20 minute workout. Option: Repeat moves more than once.

• Tricep Dips	• Pushups
• Body Squats	• Step Ups
• Handstand	• Curtsy Squat
• Calf Raises	• Squat Jump
• Lunge	• Sumo Squat
• Arm Circles	• Standing Crunches
• V-Sits	• Planks

STEP 3

SET YOUR TIMER

Set your timer for 1 minute training with 1 minute rest in between each move. Alternate cardio to strength training.

1 Minute Cardio

1 Minute Rest

1 Minute Strength Training

1 Minute Rest

1 Minute Cardio

1 Minute Rest

1 Minute Strength Training

1 Minute Rest

1 Minute Cardio

1 Minute Rest

REPEAT for a total of 20 minutes.

HOW MUCH TIME DO YOU HAVE?
10 MINUTES
COMPOUND WORKOUT

Repeat this full body workout twice with a one minute break between each set.

FULL BODY WORKOUT

	Reps
Squat + Curl	15
Lunge + Kickback	15
Curtsy Squat + Shoulder Raise	15
Calf Raise + Overhead Press	15
Plank Jack	15
Skinny Squat + Fly	15

TOTAL TIME: 4 Minutes

ONE MINUTE BREAK. REPEAT.

HOW MUCH TIME DO YOU HAVE?
5-7 MINUTES
SPRINT WORKOUT

Stretch your glute, hamstring and calf muscles before and after this workout.

SPRINT WORKOUT

STRETCH	(1-2 Minutes)
Sprint	(5 Seconds)
Rest	(30 Seconds)
Sprint	(10 Seconds)
Rest	(30 Seconds)
Sprint	(15 Seconds)
Rest	(30 Seconds)
Sprint	(10 Seconds)
Rest	(30 Seconds)
Sprint	(5 Seconds)
Rest	(30 Seconds)
STRETCH	(1-2 Minutes)

CHECK-IN AFTER YOU COMPLETE YOUR WORKOUT ON FACEBOOK & INSTAGRAM @STEPHENDEL
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