

15 Minutes or Less Results-Driven Workout



- **Dumbbell or Band Squat Press:** Stand with your feet shoulder width apart and hold a dumbbell in each hand at shoulder level. First lower down into a squat position. Make sure that your knees do not go past 90 degrees. Exhale as you press the dumbbells overhead while you straighten your legs and return to the starting position. If using bands, step on bands and hold bands at shoulder level, just like dumbbells. As you stand up, extend arms upward, or if resistance too tough, then push up while in squat position. Complete 12-15 repetitions.
- Sprint or Jump Rope for 30 seconds.
- **Dumbbell or Band Lunge and Curl:** Stand with your feet shoulder width apart and hold a dumbbell in each hand down at your sides. Exhale as you lunge forward with your right leg and curl the dumbbells up toward your chest. Make sure that your knee does not go past 90 degrees. Inhale as you return to the starting position and repeat on the other side. This can also be done with bands, follow same instructions but step on bands with back leg, so you can curl the band while lunging. Complete 12-15 repetitions per leg.
- Jumping Jacks or line hops for 30 seconds.
- **Dumbbell or Band Bent Over Rows:** Stand with your feet shoulder width apart and hold a dumbbell in each hand. Bend your knees and lean forward from your waist, keeping your back flat. Exhale as you drive your elbows back and squeeze your shoulder blades together. Inhale as you return to the starting position. With bands, this can easily be performed the same way by stepping on bands or attach band to something in front of you and perform upright. Complete 12-15 repetitions.
- Dumbbell split jumps, Jumping Jacks, Line Hops or Jump Rope for 30 seconds.
 - Dumbbell Split jumps are performed by placing dumbbells in your hands and hold at shoulder level. Then descend into lunge and jump. While in the air, switch your legs and continue to repeat. You can make more advanced by pressing dumbbells into air while jumping each time.
- **Bicycle Crunch:** Sit on the floor, bench or other soft surface. Extend one leg and bring the other knee towards the chest. At the same time, place hands behind head and rotate elbow of extended leg upward. Then switch legs and arms at the same time with control and steady breathing. Complete 15-20 repetitions of each leg
- Burpees, Split Jumps, Jumping Jacks or Jump Rope for 30 seconds.
 - Burpees are performed by standing up tall and then touching ground right in front of feet. In this position, kick legs back behind you into a push up position. Perform a push-up if you can and then bring feet back to your hands. Finally stand back up and jump into the air. Repeat for desired amount of time. This can even be advanced by using dumbbells in hands.

What other exercises like these mentioned above could you complete. Think outside of the box. Some other options also include doing each exercise for time rather than reps and see how many you can do in a desired amount of time. Performing 30 seconds of each of these exercises with 10 seconds rest in between each is only 6 ½ minutes or 5 minutes with no rest. Just think of doing these few exercises two times through and you have a quick 10 minute workout.

So where will you put your 10 minute workout in the morning – then maybe a 15 minute workout after you get home from work or right before bed. What other times do you have for a quick workout during the day?