

Time Restricted

Month 1

Workout time: 20 minutes maximum

Days per Week: 4 – 5

Emphasis - Cardiovascular fitness and increasing muscle tone.

Directions – Complete all exercises in the set circuit with no rest between exercises. Complete as many circuits as you can in 20 minutes.

Warm Up – Walk or jog in place for 3-5 minutes.

Program Summary

Activity	Repetitions	Tempo	Rest
Mountain Climbers	20	Fast	None
Tuck Jump	20	Fast	None
Centipede	20	Fast	None
Twisters Stationary	20	Fast	None
Push-Up – Kneeling using a stability ball	20	Fast	None
Squat Thrusts	20	Fast	None

Exercise Program

Mountain Climber

Repetitions: 20



Maintain a tall posture throughout the exercise and good stability through the abdominal complex.

This exercise involves holding a straight arm plank (push-up position) while bringing alternating knees up toward chest.

Start in a straight arm plank position with a straight body line. Step in towards the hands with one foot; the hips, knees and feet should all line up.

Simultaneously switch feet (the forward leg extends back and the extended leg comes forward).

The idea is to progress this exercise so that it is done quickly.

Continue this footwork pattern for the desired amount of reps or time.

Tuck Jump

Repetitions: 20



This movement involves jumping in place.

Initiate movement with an explosive vertical jump. As you travel upwards, bring knees up toward the chest simultaneously flexing the abdominal muscles in toward center. Land onto toes and then heels.

Centipede

Repetitions: 20



Start by leaning over at the waist, and place the palms of the hands on the floor (as shown). Ensure that there is a soft bend in the knees for proper load transfer through the pelvis. Maintain stiffness in the core (by drawing in abdomen), and walk your hands away from the feet one at a time. Continue hand movement until arms are over the head, hold the hands over the head, palms on the floor and slowly start walking the feet towards the hands one at a time similar to a centipede.

Twisters Stationary

Repetitions: 20



Start with the feet together, knees bent and looking straight ahead. With the hands together, twist hips, hopping alternating feet. The lower extremity including feet will rotate as you switch feet. Ensure that you land on the toes and on the same spot on the ground. The hands will rotate in the opposite direction to the legs.

Push Up - Kneeling Using a Stability Ball

Repetitions: 20



Position the ball against the wall for added stability. In optimal posture assume kneeling push up position with hands on the ball. Make sure you keep your chin tucked in, glutes contracted and belly button drawn in. Maintaining optimal posture slowly lower your body down towards the ball. Press against the ball to return to the starting position. Do not allow your back to arch, head to jut forward and/or shoulders to shrug up.

Squat Thrusts

Repetitions: 20



Jump forcefully up in the air, arms to the sky, as if performing a jump squat.

Land in a stable position on the midpoint of the feet and quickly drop chest to knees and hop to a push-up position by kicking out legs into full extension and dropping onto hands.

In the brief push-up position, make sure legs are fully extended, glutes contracted, and back is flat with abdominals drawn in.

Quickly hop feet back under body and go right into squat jump again.

Repeat for desired repetitions. Perform repetitions as quickly as can be controlled.

Cool Down - Perform 5-10 minutes of walking at a comfortable pace.