

# Time Restricted

# Month 2

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.

## Exercise Program

### Forward Lunge

Repetitions: 20



With your chest lifted, chin up and abs contracted, take a big step forward with your left foot. Sink straight down so your front left knee aligns over the top of your shoe and your back right knee points down toward the floor. You are balancing on your back left toe. Push back to the starting position. Repeat exercise using the right leg. Keep alternating legs for one minute.

### Tuck Jump

Repetitions: 20



This movement involves jumping in place. Initiate movement with an explosive vertical jump. As you travel upward, bring knees up toward the chest simultaneously flexing the abdominal muscles in toward center. Land on your toes and then heels.

### Jack Knife

Repetitions: 20



Lay down on the ground with your back flat and your arms over the top of your head. Keep your legs straight. Lift your legs up off the ground, and as you bring your arms forward, lift your upper body up off the ground using your abdominals. Keep your back flat as you raise up off the ground. Hold for a half second at the top and then lower yourself back down. Continue for the desired amount of reps.

## Lateral Lunge with Bicep Curl

Repetitions: 20



Holding a pair of dumbbells, stand with your feet and knees together. Perform a bicep curl by bending your elbows to bring the weights to your shoulders. Lower your arms toward the floor as you take a large step to the left with your left foot, lunging toward the floor. Make sure your left knee does not extend past your toe and keep your right leg relatively straight. As you push off through your left foot to return to standing, perform a bicep curl. Alternate legs for one minute.

## Triceps Kickback

Repetitions: 20



With a dumbbell in each hand and the palms facing your torso, bend your knees slightly and bring your torso forward, by bending at the waist, while keeping the back straight until it is almost parallel to the floor. Make sure that you keep the head up. The upper arms should be close to the torso and parallel to the floor while the forearms are pointing towards the floor as the hands hold the weights. **Tip:** There should be a 90-degree angle between the forearms and the upper arm. This is your starting position. Keeping the upper arms stationary, use the triceps to lift the weights as you exhale until the forearms are parallel to the floor and the whole arms are extended. Like many other arm exercises, only the forearm moves. After a second contraction at the top, slowly lower the dumbbells back to their starting position. Repeat the movement for the prescribed amount of repetitions.

## Push Up

Repetitions: 20



Get down on the hands and knees, positioning the hands a bit wider than the shoulders. Push the knees up so that you're resting on the hands and toes. Keep the abs engaged and make sure your body is in a straight line from the head to the heels. Bend the elbows, and lower into a push-up until your elbows are at 90 degrees.

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