

Time Restricted

Month 3

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
Jumping Jacks	20	Fast	None
Ice Skater	20	Fast	None
Side Plank	20	Fast	None
Forward Lunge	20	Fast	None
Abdominal Crunch	20	Fast	None
Bridge	20	Fast	None

Exercise Program

Jumping Jacks

Repetitions: 20



Stand upright with feet together and hands at your sides. Begin exercise by simultaneously raising your hands up above your head, while jumping up just enough to spread your feet about twice shoulder width apart. Immediately reverse movement back to starting position without pausing.

Ice Skater

Repetitions: 20



Stand on one leg with your other leg bent at the knee. Jump sideways as far as you can and land on your opposite leg. As soon as you land, jump back sideways to your starting foot. Continue back and forth for the desired amount of repetitions.

Side Plank

Repetitions: 20



Lie down with your left side on an exercise mat. Place your feet together on top of each other. Next, prop yourself up on your left elbow and forearm. Begin exercise by raising your hips so that your body forms a straight line from your ankles to your shoulders. Place your right hand on your right hip. Hold this position for three seconds then lower down and repeat on each side.

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.

Abdominal Crunch

Repetitions: 20



Lie down on the floor on your back and bend your knees; place your hands behind your head or across your chest. Pull your belly button towards your spine, and flatten your lower back against the floor. Slowly contract your abdominals, bringing your shoulder blades about one or two inches off the floor. Exhale as you come up, and keep your neck straight and chin up. Hold at the top of the movement for a few seconds, breathing continuously. Slowly lower back down, but don't relax all the way.

Bridge

Repetitions: 20



On your mat, lie on your back with your knees bent and feet flat on the floor. Be sure to keep your feet underneath your knees, not in front. Plant your palms by each side, face down. Raise your hips up to the ceiling, tensing your abs and squeezing your buttocks as you do. You should be making a long diagonal line with your body from shoulders to knees. Hold for a few seconds, making sure your spine doesn't round and your hips don't sag. Keep your abs and buttocks muscles engaged. Lower down to the ground, then repeat.

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