TIME CRUNCH

WORKOUT GUIDE



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WELCOME!

Thank you for downloading your copy of the ***Time Crunch Workout Guide***!

We all know how important it is to move your body and get in regular exercise.... but life gets busy. Things pop up all of the time.

It's all too easy to move your workout to "tomorrow." And in reality, that's what most of us end up doing.

FACT: Missing workouts and failing to follow through on commitments to yourself doesn't feel very good.

> **IT DOESN'T HAVE TO BE THAT WAY. THERE IS A SOLUTION.**

Inside you'll find results-driven workouts that will fit into even the busiest schedule ... and for ALL fitness levels!

WELCOME

We've kept the workouts simple, which means all you'll need is a workout mat, the stopwatch/timer on your phone, a water bottle, and a towel.

These workouts might not take a lot of time, but they WILL help you achieve serious results. Not just in terms of helping you become stronger and fitter, but in building your confidence, and grooving a fitness habit that can last a lifetime.

In fact, I created this ebook (in part) to help you uncover one of the most important keys to fitness:

> **CONSISTENCY! "NOT ENOUGH TIME" IS NOT AN EXCUSE TO SKIP YOUR WORKOUTS.**

A little intentional movement (aka exercise) every day will do more for your fitness and your results than an occasional workout marathon.

That's not even mentioning all of the incredible health and energy benefits.



This guide contains workouts that will boost your cardiovascular fitness ... sculpt your muscles ... and target specific muscle groups. All in 20 minutes or less!

Are you ready to get moving? GREAT! Let's get started!

ALEX THOMAS
BSc Hons Sport Science

WHY MAKE TIME FOR FITNESS?

You've heard it all before: exercise is good for you, can help you lose weight, blahblahblah.

If you're not currently working out, the idea of getting started can seem overwhelming.

After all, you're busy with everyday responsibilities – job, family, children, home, etc.

But getting regular exercise is less of a time commitment than you may think, and the PAYOFFS are definitely worth it ... both now and into the future!



WHY MAKE TIME FOR FITNESS?

REGULAR EXERCISE CAN HELP:

- **Cut your risk of heart disease**. Working out strengthens your heart and improves your circulation, boosting blood flow and oxygen levels in your body. This helps lower your risk of high cholesterol and triglycerides, high blood pressure, heart disease, and heart attacks.

- **Improve blood sugar and insulin levels**. This cuts your risk for type 2 diabetes — and also helps manage it if you've already developed it.

- **Boost your mood and mental health**. When you work out, your body releases chemicals that help reduce stress, lift your mood and leave you feeling mentally refreshed.

- **Build your bones and muscles**. Regular exercise can help build bone and also slow the loss of bone density that comes with age. Plus, strength-training workouts can help you maintain / increase your muscle mass and strength.



WHY MAKE TIME FOR FITNESS?

- **Improve your sleep**. It can help you fall asleep faster AND stay asleep longer.
- **Cut your risk of some cancers,** including breast, lung, colon, and uterine cancer.
- **Improve your sex life**. Consistent workouts can cut your risk of erectile dysfunction and help improve function if you already have it. Exercise can also boost women's desire.
- **Keep your brain healthy**. Regular exercise encourages your body to release proteins and chemicals that improve your brain's function and structure.
- **Control your weight**. It helps you burn more calories, a key part of weight loss, and helps you build and maintain metabolically active muscle tissue.
- **Lowers risk of falling**. Especially for older adults ... doing balance and strength exercises (on top of moderate cardio workouts) can reduce the risk of falling down.
- **Quit smoking**. Studies show that exercise can actually make it easier to stop smoking by cutting cravings and withdrawal symptoms.
- **Improve longevity**. Being active helps protect you from dying early from the leading causes of death, like cancer or heart disease.



HOW MUCH

EXERCISE DO YOU NEED?

The workouts in this guide are specifically designed to give you more bang for your exercise buck ...

Which in this case means TIME, EFFORT, and ENERGY.

Health experts recommend that you get at least 150 minutes of moderate activity a week, or 75 minutes of vigorous activity.

Moderate activity includes things like walking, swimming, mowing the lawn.

Vigorous activity includes jogging/running, kickboxing classes, or indoor cycling.

They also recommend fitting in two strength-training workouts every week.

You'll notice that most of the workouts in this guide contain a mix of strength work with moderate and vigorous-intensity conditioning exercises, which means they will help you cover all the bases.



TIP:

Work at a pace that challenges you, but that also allows you to use proper form, and take breaks when needed.

YOUR MUSCLE-BOOSTING, FAT-BLASTING FORMULA

Are you ready to learn one of the secret formulas many trainers use to create fat-burning and muscle-building workouts?

It's based on something called Peripheral Heart Action (PHA training). It has been around for decades, and it's incredibly effective.

PHA-style workouts put together exercises in a way that increases strength AND your body's maximum oxygen consumption (cardiorespiratory fitness).

Basically, the exercises work different muscle groups back-to-back — commonly alternating between the upper and lower body.

That means that during the workout, your body has to direct blood flow to different muscle groups, which can have a powerful impact on the workout intensity — and your fitness!

At its simplest form, that could mean alternating:

- Squats + Pull-ups
- Lunges + Rows
- Deadlifts + Push-ups



It's important to pace yourself if you aren't used to these kinds of workouts because they have a way of sneaking up on you.



BEFORE & AFTER EVERY WORKOUT

DO THIS

We've included a warm-up and a cooldown for you to do along with each workout in this ebook.

When you're in a time crunch it can be tempting to skip these but ... don't do it! Both are vital parts of your workout.

The warm-up primes your body and helps pump more blood and oxygen to your muscles. This is important not only to make the most of your workout, but to reduce injury.

The cooldown helps your body's systems return to normal – your heart rate, your respiration, etc. This is also important for your muscles and your overall health.



If you are really in a time crunch but want to sneak in some movement, do the warmup followed by the cooldown. It'll get your blood flowing and leave you feeling looser and more relaxed.

BEFORE & AFTER EVERY WORKOUT DO THIS



1

3-MINUTE WARM-UP ROUTINE

1. 30 sec Squats
2. 30 sec Backwards lunges
3. 30 sec Push-ups
4. 30 sec Bicycle crunches
5. 30 sec Plank
6. 30 sec Mountain climbers

2

FAST & EASY COOLDOWN ROUTINE

Walk around for several minutes so that your heart rate can return to normal, then do:

1. 20-30s Hip flexor stretch (both sides)
2. 20-30s Hamstring stretch (both legs)
3. 20-30s Quadriceps stretch (each)
4. 10 Arm circles forward & backward



TIME-CRUNCH

WORKOUTS

For easy reference, **we've included how-tos and photos of the exercises in the glossary near the end of this guide.**

If something doesn't feel good, don't do it – and take breaks as necessary.

If you have any concerns, injuries, health conditions, or are new/just coming back to fitness, be sure to check with your doctor before attempting these workouts.

NOTE:

As mentioned earlier, warm up and cool down before each workout, and go at a pace that allows you to do each exercise with the proper form ... while also challenging you.

5 MINUTE WORKOUTS

1 5 MINUTE CORE CRUSHER

1. 45 sec Alternating bird dogs
2. 30 sec Jackknife (left side)
3. 30 sec Jackknife (right side)
4. 30 sec Reverse crunches
5. 30 sec Plank
6. 30 sec Oblique crunches (left)
7. 30 sec Oblique crunches (right)
8. 45 sec Plank

2 5 MINUTE QUICK BLAST

Complete each exercise back-to-back for 5 min.

1. 10 Squats or Jump squats
2. 10 Push-ups
3. 10 Reverse crunches

3 5 MINUTE QUICKIE

Complete each exercise back-to-back for 5 min.

1. 25 Jumping jacks
2. 20 Ab bicycles
3. 15 Push-ups

10 MINUTE WORKOUTS

1

10 MINUTE ARM & ABS HIIT

Timed: *(10 minutes) As many cycles through as possible*

1. 10 Push-ups
2. 10 Full sit-ups
3. 10 Regular burpees
4. 10 Dips
5. 10 Scissors kicks

2

10 MINUTE CORE CHALLENGE

Do the following 10 exercises for 45 seconds each, taking 15 seconds to recover between exercises

1. Jackknife (right leg extended)
2. Bicycle crunches
3. Jackknife (left leg extended)
4. Superman
5. Oblique crunches (right side)
6. Plank
7. Oblique crunches (left side)
8. Reverse crunches
9. Side plank with dip (right side)
10. Side plank with dip (left side)

10 MINUTE WORKOUTS

3

10 MINUTE LEG HIIT

Timed: *(10 minutes) As many cycles through as possible*

1. 10 Bodyweight squats
2. 10 Reverse lunges (5 on each side)
3. 20 Mountain climbers
4. 10 Lateral lunges (5 each side)
5. 10 second rest



15 MINUTE WORKOUTS

1 AMRAP (AS MANY REPS AS POSSIBLE)

Set #1: 6 minutes *- Complete as many rounds of this circuit as you can, for a total of 6 minutes.*

1. 15 Bodyweight squats
2. 10 Jumping Jacks
3. 5 Push-ups

Rest 1 Minute

Set #2: 6 minutes *- Complete as many rounds of this circuit as you can, for a total of 6 minutes.*

1. 10 Reverse lunges (5 per side)
2. 10 Mountain climbers per side
3. 10 Sit-ups

Rest 1 Minute

Set #3: 1 minute total *- Complete as many as possible.*

1. Burpees

15 MINUTE WORKOUTS

2 TOTAL BODY METABOLIC CHALLENGE

Repeat this circuit for 15 minutes. You're done when the timer dings!

1. 50 reps Jump rope (or high-knees / march in place)
2. 40 Squats
3. 30 Push-ups
4. 20 Burpees
5. 10 Inchworms

3 BODYWEIGHT CONDITIONING

***Complete this giant circuit**: Perform 3 sets of this circuit, doing each exercise for 20 seconds. Rest for 1 minute after each complete circuit.*

- Push-ups
- Knees-to-elbows
- Burpees
- High knees
- Squats
- Bicycle crunches
- Jump squats
- Flutter kicks
- Superman
- Backwards lunges
- Hip bridge
- Plank from hands
- Rest 1 minute



1

QUICK TOTAL BODY

Timed (10 minutes) *- As many cycles through as possible:*

1. 8 Squat jumps
2. 8 Push-ups
3. 15 Bicycle crunches
4. 30 second rest

Rest 1-3 minutes

Timed (10 minutes) *- As many cycles through as possible.*

1. 10 Lateral lunges (5/side)
2. 10 Dips (on a bench)
3. 20 Mountain climbers (20/side)
4. 30 second rest

20 MINUTE WORKOUTS

2

LIE DOWN AND WORK OUT

***Core Set #1**: 2 times through*

1. 30 sec Scissor kicks
2. 30 sec Flutter kicks
3. 30 sec Bicycle crunches
4. 30 sec Spiderman plank
5. 3 x 10 sec hold Hip bridges
6. 30-60 sec rest between sets

***Glute Set #1**: 2 times through*

1. 30 (15 + 15) Abductions: (15 full-range of motion, 15 the top half your ROM), left side
2. 30 (15 + 15) Abduction (15 full-range of motion, 15 the top half your ROM), right side
3. 20 Fire hydrants left
4. 20 Fire hydrants right
5. 20 Donkey kicks left
6. 20 Donkey kicks right
7. 30-60 sec rest between sets

***Core Set #2**: 2 times through*

1. 30 sec Bird Dog: Opposite hand, opposite leg (left hand, right leg)
2. 30 sec Bird Dog: Opposite hand, opposite leg (right hand, left leg)
3. 30 sec Side plank (left side)
4. 30 sec Side plank (right side)
5. 30 sec Plank (1-leg up)
6. 30 sec Hip bridges
7. 30-60 sec rest between sets

20 MINUTE WORKOUTS

3

EVERYTHING WORKOUT

Do each exercise in the following circuit for 1 minute with no break. Repeat for a total of 2 times through

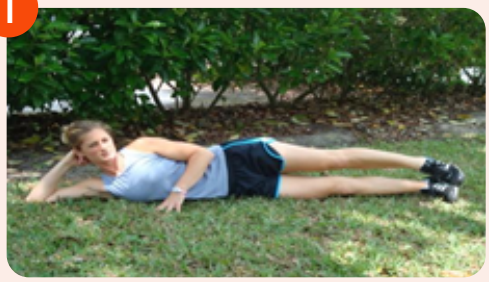
1. Jumping jacks
2. Alternating backward lunges
3. Push-ups (modify if necessary)
4. Squat jumps
5. Dips (use a chair or bench)
6. Alternating front kicks
7. Inchworms
8. Prisoner squats
9. Mountain climbers
10. Rest 1 minute



EXERCISE

GLOSSARY

1



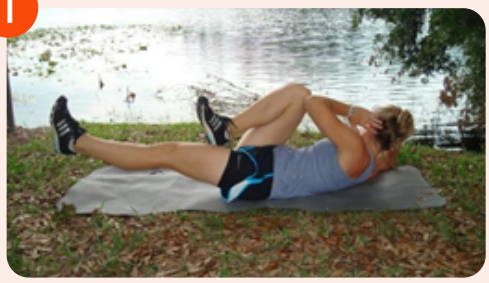
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ABDUCTION

Lie on your left side with your legs extended. Place your left hand under your head for support (or you can rest your head on your left bicep.) Keep your right toe pointed toward the ground, and raise your right leg upwards as high as possible (keep the leg straight). Lower the leg back to the starting position and repeat on each side for the desired number of reps.

1



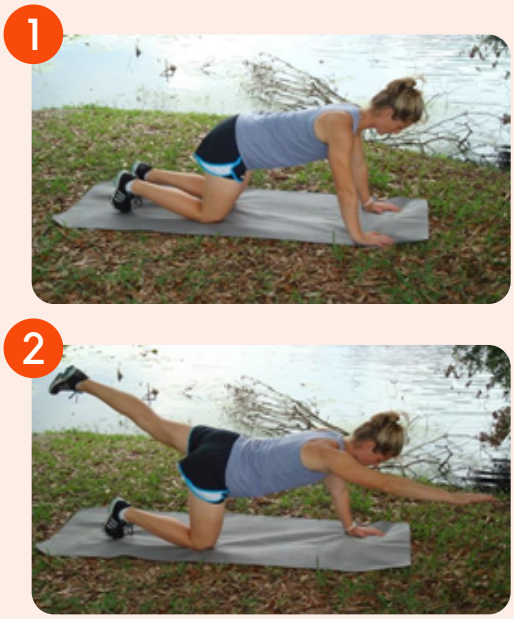
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BICYCLE CRUNCHES

Lie on your back with your elbows bent and your hands on either side of your head. Simultaneously bring your right knee in towards your chest while crunching up and rotating your torso to the right, attempting to touch your left elbow to the right knee. Keeping your core tight, extend your right leg while bringing in your left knee and crunching and rotating to touch it to your right elbow. Keep both feet off the ground for the duration of the exercise. Continue alternating sides for the desired number of reps or time. *(**Note**: if extending your leg is challenging right now, keep your knee bent at a 90° angle throughout the exercise.)*

EXERCISE GLOSSARY



BIRD DOG

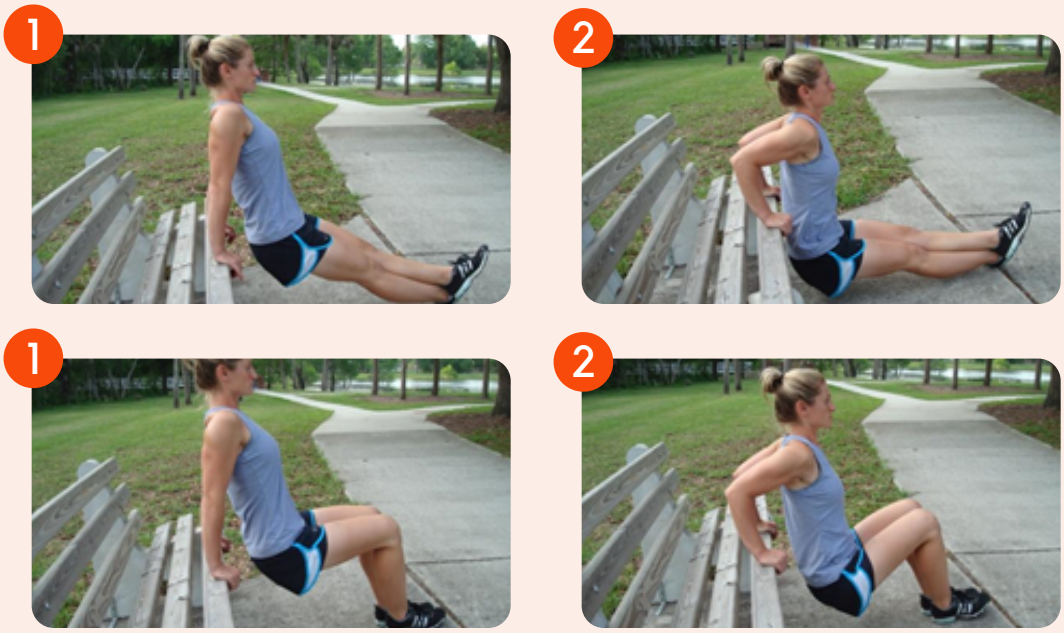
Keeping your core tight and spine neutral throughout the exercise, kneel with your hands and knees on the ground. Simultaneously raise your right arm and left leg so they are parallel to the ground. Lower both arm and leg in a controlled motion and repeat on the other side.



BURPEE

From a standing position, squat down and bend over to place your hands in front of you on the floor (shoulder width apart.) Stabilize your body with your arms and kick your feet back behind you landing in a straight arm plank position. Then, tuck jump your feet back to their original placement and perform a squat jump to return to the starting position.

***Note**: Beginners or people with joint issues can step back instead of jumping back for a lower intensity.*



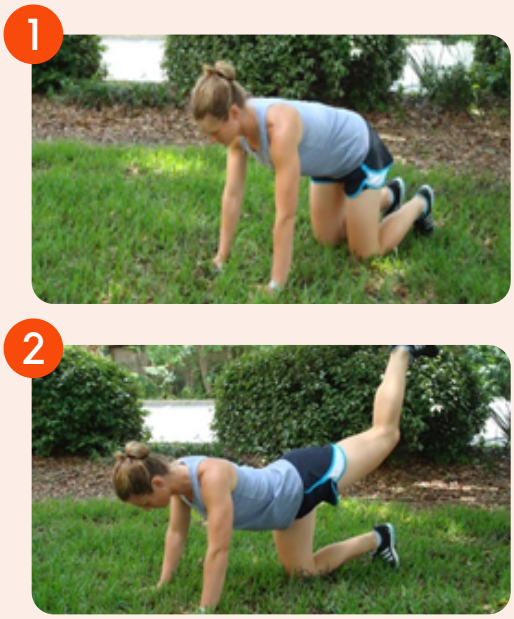
DIPS (ON A BENCH/CHAIR)

Sit on a bench with your feet on the ground with your legs either straight out (more challenging) or knees bent to 90° (less challenging). Place your hands on either side of your hips (right next to the side of your body.) Keeping your elbows pointed behind you, move your hips slightly off the bench and allow your body to lower directly to the ground by flexing your elbows to 90°. Keep your chest out and back flat (not allowing your shoulders to collapse in.) Press firmly through your palms to extend your arms back up to the starting position with your hips off the bench. Repeat for desired rep count or time interval.

***Trainer Tip**: You can increase/decrease the intensity by placing more/less body weight in the feet.*

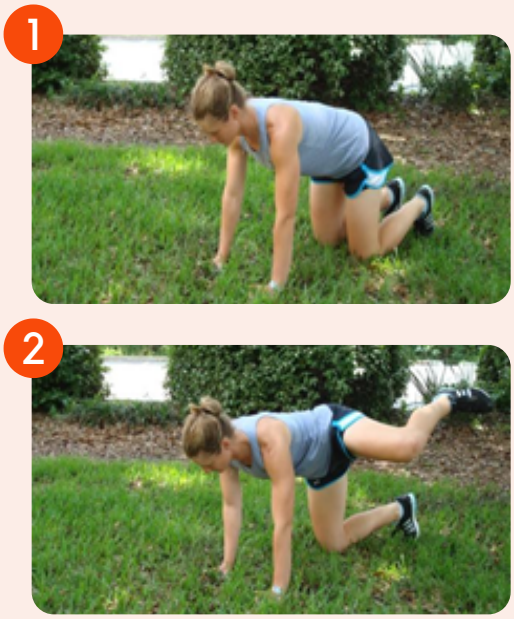
***Variation**: Lift up one leg as you perform the movement.*

EXERCISE GLOSSARY



DONKEY KICKS

Position yourself on the ground on your hands and knees (hands shoulder width on the ground in front of you and knees and hips should be at 90°). With your back flat and neutral spine, contract your glutes and kick back one leg straight behind you (keeping your knee flexed). Lower your leg to the starting position and repeat on each side for the desired number of reps/time.



FIRE HYDRANTS

Position yourself on the ground on your hands and knees (hands shoulder width on the ground in front of you and knees and hips should be at 90°). Keeping a flat back and neutral spine, raise one leg out laterally as far as possible at the hip joint by using your abductors. Lower your leg to the starting position and repeat on each side for desired number of reps/time.

EXERCISE GLOSSARY



FLUTTER KICKS

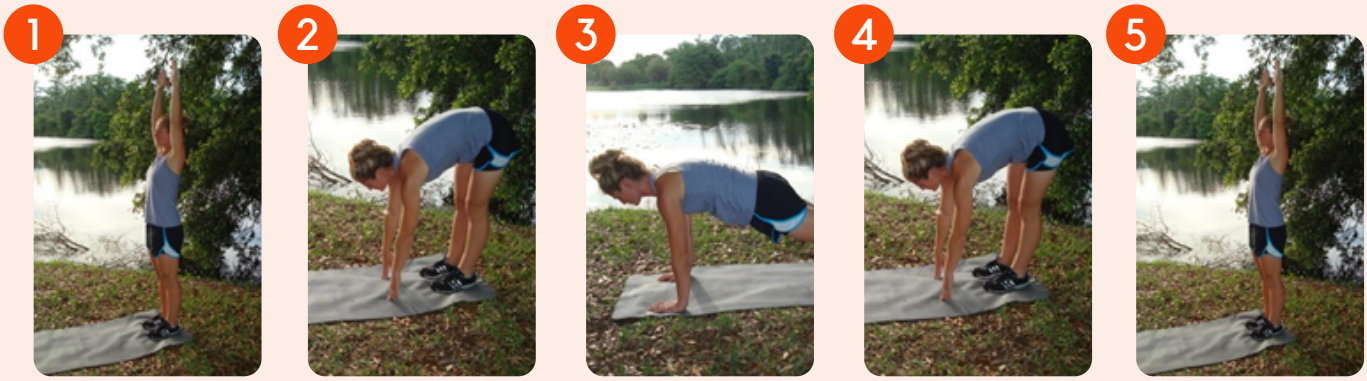
Lie on your back (legs extended out) with your hands underneath the top of your glutes to support your lower back. Tuck your tailbone, tighten your core, and raise both legs off the ground a couple of inches. Keeping your legs straight, "scissor" your legs *up and down* for the desired number of reps or time. Lower your legs to the ground when finished.



HIGH KNEES

Begin jogging and on each step, bring your knee towards your chest as high as possible. Keep your arms moving as if you're jogging. Perform this exercise for the desired amount of time or reps.

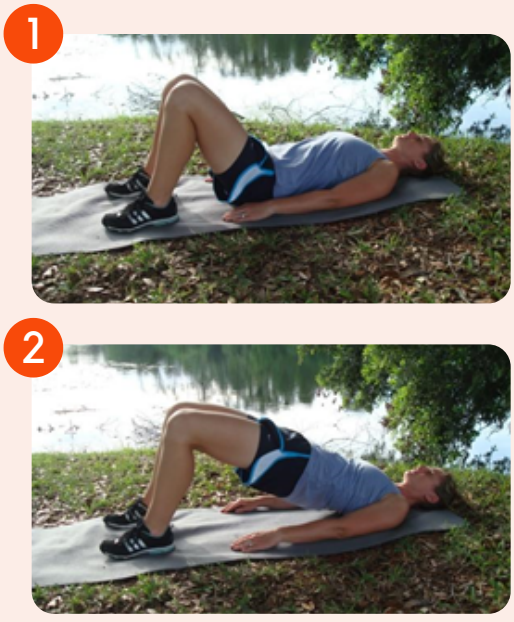
EXERCISE GLOSSARY



INCHWORM

From a standing position, bend at the hips and place your hands directly in front of you on the floor. Walk your hands out in front of you (keeping your feet planted) until you are in the top of a straight arm plank position. Once you are stable, you can either walk your hands back to your feet and stand up to the starting position OR walk your feet to your planted hands and then stand up.

***Trainer Tip**: Increase the intensity by adding a push-up.*

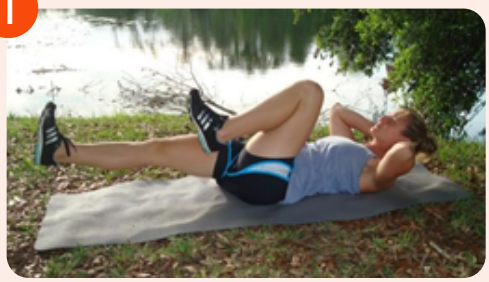


HIP BRIDGES

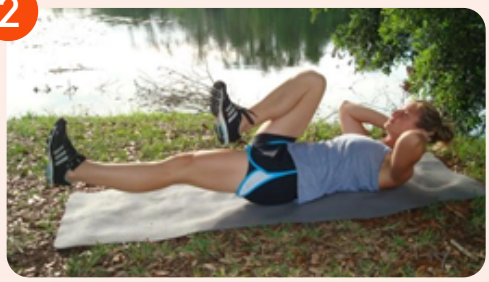
Lie on your back with your hips flexed, feet on the ground and knees bent to 90°. Place your hands on either side of your hips. Feet should be just shy of shoulder-width apart. Contract your glutes and drive your hips upward to the sky while simultaneously trying to squeeze your knees together. Keep your upper back on the ground. Lower your hips back to the starting position. You can perform this exercise for repetitions or hold for time at the top of the hip bridge.

EXERCISE GLOSSARY

1



2



JACKKNIFE

Lie on your back with one leg extended out and one knee in towards your chest. Raise your extended leg about 2 inches off the floor and hold in this position. Crunch repeatedly with your hands crossed over your chest keeping both legs off the ground. Switch legs and repeat on the other side. When it is time to switch legs, make sure not to drop your legs to the floor.

1



2



JUMPING JACKS

From a standing position with your arms down by your side, jump up while bringing your arms up laterally over your head and your legs out to the side. Land with your arms up over your head and your feet out to the side. Jump again and return to the starting position.

EXERCISE GLOSSARY

1



2



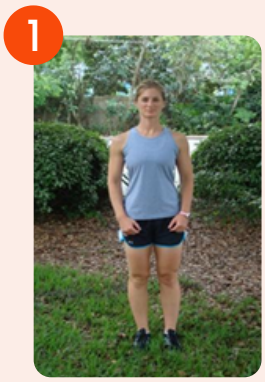
KNEES-TO-ELBOWS

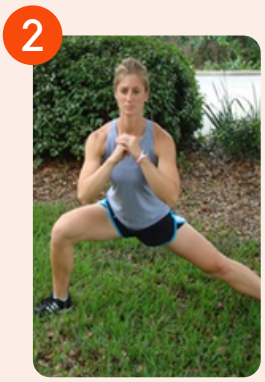
Holding the top of a push-up position (a straight-arm plank), keep your back flat, core tight, and tailbone tucked. Feet should be shoulder-width apart. Bring your right knee under your body and try to touch it to your left elbow. Do not let your foot drag on the ground and avoid "hunching" your back. Bring your foot back to the starting position and repeat for the desired number of reps, making sure to work each side of the body equally.

LUNGE (BACKWARD)

Stand with feet together and take a step backward with one leg. Lower the body by flexing the knee and dropping the hips until the back knee is almost touching the floor. Return to the starting position by extending the hip and knee of the front leg. Repeat for the desired number of reps on each side. (Do not allow the knee to cross over the front of the toe.)

EXERCISE GLOSSARY





LATERAL/SIDE LUNGE

Stand with both feet very far apart with your toes pointed out to 45°. Lunge toward one side by flexing the hips and ONE knee while keeping the other knee straight. You may allow the toe of the straight leg to point upward. Repeat for the desired number of reps on each side. (Do not allow the knee to cross over the front of the toe.)



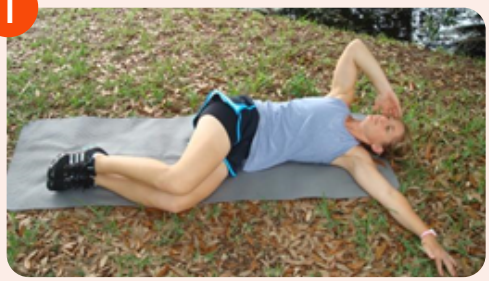


MOUNTAIN CLIMBERS

In a straight arm plank position, place your hands on the floor slightly wider than shoulder width apart. While stabilizing your body with your arms, bringing one knee toward your chest, keeping your core as neutral as possible. Alternate bringing each knee in as fast as possible, while keeping the chest out and back flat. Repeat for the desired number of reps.

EXERCISE GLOSSARY

1



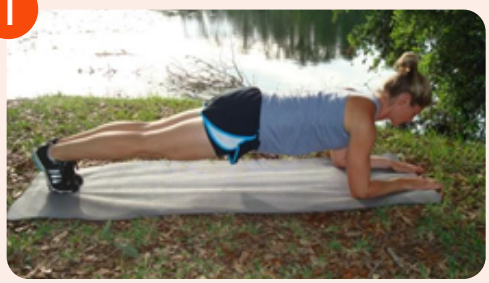
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OBLIQUE CRUNCH

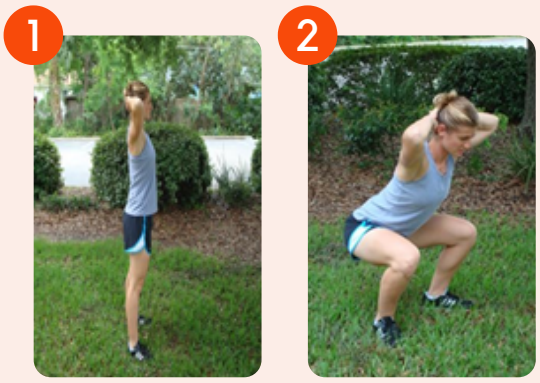
Lie on your upper back in a supine position with your knees and hips bent. Lower your legs to the left side at a 90° angle in the hip. Flex your waist to raise your upper torso a few inches off the ground while focusing your attention on the right oblique. Control the movement back down to the ground and repeat for the desired number of reps. Repeat on the right side.

1



PLANK

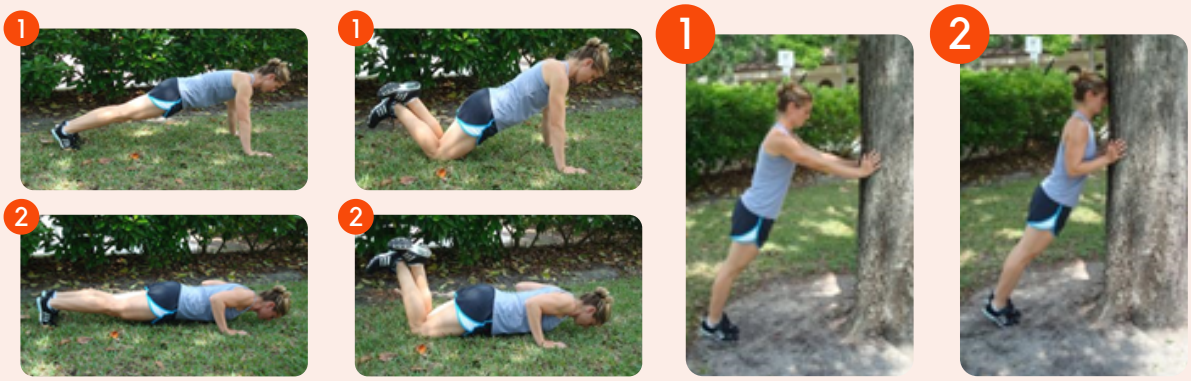
Lie on your stomach in a prone position with your legs extended out. Place your forearms (should be parallel) on the ground and move into a position similar to the top of a "push-up" except you are on your forearms and not your hands. With your feet together, push out strong through your heels, with your shoulders stable. Keep your core tight, back flat, and your tailbone tucked. Hold this position for the desired amount of time.



PRISONER SQUAT

Stand with your feet shoulder width apart and point your toes slightly out. Interlace your fingers and place your hands on the back of your head. Keep your arms elevated in this position throughout the entire movement. Push your hips backward and squat down until your thighs are parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels back to the starting position.

***Trainer Tip**: Make sure not to let your knees cross over top your toes at the bottom of the squat.*



PUSH-UPS

From the top of a plank position and your hands slightly wider than shoulder width apart, lower your body to the ground until your chest hits the floor. Extend your arms to return to the starting position. Keep your upper and lower body straight throughout the movement. Repeat for the desired number of reps. (Can be modified doing knee push-ups or doing this movement against a railing or wall.)

EXERCISE GLOSSARY





REVERSE CRUNCHES

Lie on your back with your hands underneath the top of your glutes to support your lower back. Keep your neck relaxed and on the ground throughout the movement. Keep your legs slightly bent and flex the waist and hips to raise your legs up to the sky using your core to perform the movement. Control the movement back to the starting position and repeat.

***Note**: this exercise can also be done with knees bent to 90°.*

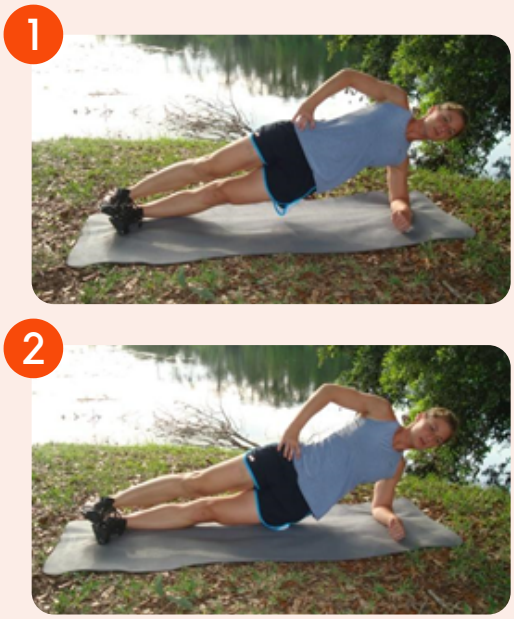




SCISSOR KICKS

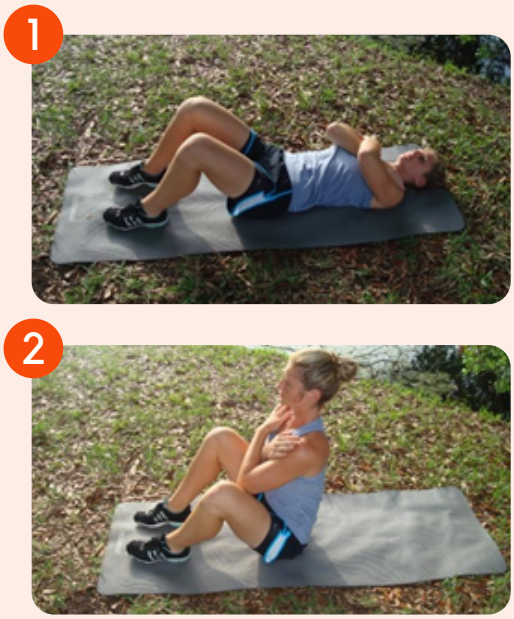
Lie on your back (legs extended out) with your hands underneath the top of your glutes to support your lower back. Tuck your tailbone, tighten your core, and raise both legs off the ground a couple of inches. Separate your legs (still keeping them straight) and "scissor" them from side to side for the desired number of reps or time. Lower your legs to the ground when finished.

EXERCISE GLOSSARY



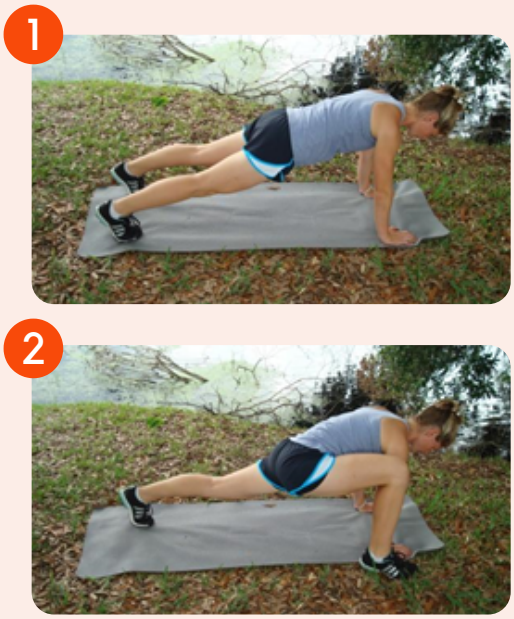
SIDE PLANK (WITH AND WITHOUT A DIP)

Lie on your left side with your legs together. Place your left forearm on the ground with your left elbow directly underneath your left shoulder. Press through your shoulder to elevate your entire body to a side plank keeping your feet stacked. Hold. For the dip: Simply lower your hips to the ground and raise them back up to the top of the side plank. Repeat this motion for the desired number of reps. Keep your core tight, back flat, and your tailbone tucked. Repeat on the right side for the desired amount of time.



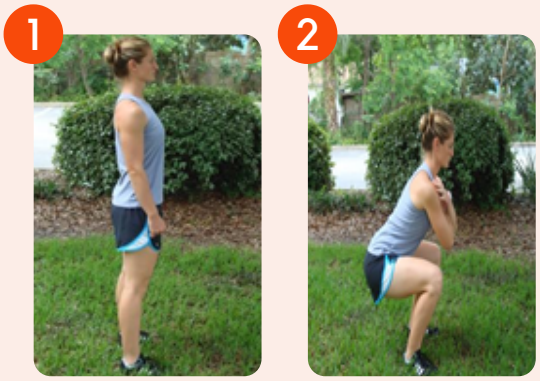
SIT-UPS

Lie on your back (supine) with your knees and hips bent. Arms should be crossed over your chest. Flex your waist and hips to bring your chest up towards your knees. Control the movement back down to the ground and repeat for the desired number of reps. If necessary, anchor your feet under a couch, heavy dumbbell, or other support.



SPIDERMAN PLANK

Holding the top of a push-up position (straight arm plank), keep your back flat, core tight, and tailbone tucked. Feet should be shoulder width apart. Step your right leg out, touching your foot to the ground next to your right hand, and then returning it to the starting position. Repeat on the left side. Perform for the desired number of reps or time interval.



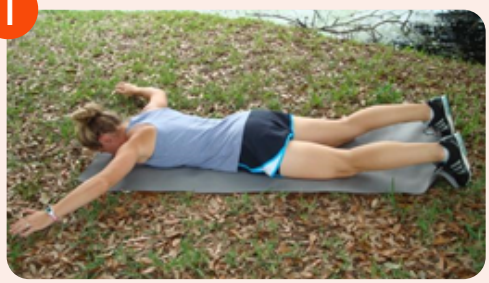
SQUAT

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down until your thighs are parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels back to the starting position.

To do a JUMP SQUAT, *as you come to standing, propel your body so that you jump off the ground, straightening your legs. As you land, keep your knees soft and sink back into the squat, letting your muscles (not joints) absorb the impact. Repeat for reps.*

Trainer Tip*: Make sure not to let your knees cross your toes at the bottom of the squat. Add weight to increase intensity.*

1



2



SUPERMAN

Lie on your stomach in a prone position with your arms and legs extended out. Place a folded towel or mat underneath the pelvis to remove any pressure on the lower back during this exercise. Simultaneously, raise your legs and arms off the floor and squeeze your glutes. Lower arms and legs back to the ground. Variations: Opposite arm with opposite leg, arms only, legs only.



MAKING TIME

FOR YOU!

Your fitness doesn't have to suffer because you have a jammed schedule. In fact, making time to improve your fitness can help you bring MORE energy to the rest of your life! Finding even 5-10 minutes to crank out a quick workout can leave you feeling stronger, refreshed, and ready to take on your day.

I would love to be part of your fitness team!

ALEX THOMAS

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