



FITNESS

THE HOME WORKOUT SOLUTION

**The Most Effective, Permanent Solution
To Long Term Fitness With
No Equipment**

Includes Over 50 Workouts

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INTRODUCTION

Have you ever had that feeling of walking into your garage with the intention of working out but you see those dusty dumbbells and ugly garage door and suddenly lose interest? Have you ever planned to exercise for 3 days in a row but you didn't make that streak? You are not alone.

Lack of motivation mixed with intimidation when it comes to enhancing our health and fitness is one of the greatest causes for why we don't pursue it. The goal of this book is to change that mindset. I want to help you lose your fear! This book will show you how to remove this lack of desire that has been holding you back from obtaining the fitness level you have always wanted.

I have been competing in sports for over 20 years. I played 4 varsity sports in High School, then went on to compete in Division 1 Track in college. Since then, I have been competing at the elite level in crossfit, weightlifting and obstacle course racing for the last 7 years. However, this all changed suddenly. In January of 2020, I had ACL surgery. I had trained a lot up until the day before my surgery because I knew I wanted to be as fit as possible for my recovery. The day after my ACL surgery, I went to physical therapy. My physical therapist told me my quad strength was way ahead of most the day after surgery. This was great news and no surprise seeing as how I prepared for it. I thought I was well on my way to recovery and competing in my sport again, but as the days went on, something didn't seem right. My knee started to get more swollen and I was losing energy.

A week later, I found myself back in a hospital bed. I was waiting to have another surgery because it turned out I had an infection. I was in the hospital for 4 days after the second surgery. When I got out, I spent over a month in a bed at my mom's house. I had an IV PICC line that ran through my vein in my left arm that needed to be injected with intense antibiotics 3x's a day. I lost about 10 lb in this time period from lack of appetite and muscle atrophy, not just in my leg but my whole body. I went from being an elite level athlete to not even being able to walk to the toilet. My resting heart rate went from an average of 48 beats per minute to an average of 90 beats per minute. Being fit was no longer my expertise. For the first time in my life, I had fallen completely off of my fitness, as if my body had taken a clean slate from all of the hard work I had put in.

Being healthy and being fit are not the same thing. Most people would not even give being fit one thought. Most people are looking to get healthy. At this point, there was nothing that set me apart from anyone who struggled with being fit. If anything, my state of fitness was worse than the average person because I had been so inactive for so long and on harsh antibiotics. The only difference is I know the tricks how to get it back, even if it takes some time. You do not need a gym and you do not need any equipment. All you need is the correct mindset and the right workouts for YOU. This long period of time being at home on top of the COVID-19 which happened right after, inspired me to write this home workout book. More recently than ever, I have been hearing a lot of complaints from people about being uninspired and unmotivated to workout. I want to show you a different approach to keeping your fitness, even with absolutely no equipment. In this book, I will show you how you too can train yourself to have a "fit" mind so you will never have to worry about falling off of your fitness again.

*“You must expect great things of yourself before you can do them.” –
Michael Jordan*

WHAT STOPS US FROM BEING FIT?

Do we want to be fit?

According to research, most Americans "want" to be fit. More than three-quarters of U.S. adults said that being in shape and looking good were "very important" to them. Although looking good is a significant side effect of being fit, there are many more benefits to fitness than just looking good.

As most of us know, one of the biggest benefits is its significant impact to our health. Being active boosts high-density lipoprotein (HDL) cholesterol, which is the good cholesterol, and it reduces unhealthy triglycerides. This promotes smooth blood flow and decreases risk of cardiovascular disease.

Exercising can also prevent many other diseases. According to an article in the New York Times, diet and exercise are the two best ways to diminish inflammation in your immune system to fight off diseases such as COVID-19. Lifestyle can have a major impact on a person's immune system, for better or worse. The article said that skeletal muscle helps the immune system. The contractions of skeletal muscles produce small proteins called myokines that dampen inflammation. Myokines dig out infections and keep inflammation under control. Swapping fat out for muscle on your body can save you from infection.

These are just a few of the health problems exercising will reduce:

Stroke

Metabolic syndrome

High blood pressure

Type 2 diabetes

Depression

Anxiety

Cancer

Arthritis

Falls

Another huge benefit to exercise is the effect it has on your overall mental health and mood. When you exercise, the brain releases endorphins which contributes to a positive feeling of mental well being. Not only are chemicals in your body being released to increase your happiness but your self image is enhanced as well when you feel both proud of doing it and proud of your body in what it can do.

Exercise will also help you sleep better. For those of you who have trouble falling asleep at a good time at night but still have to get up early in the morning to go to work leaving you with less than 6 hours of sleep, exercise will fix that problem. Being active is the greatest way to get a good night's rest, in fact, you will look forward to going to your bed and falling asleep. This will help you get on a good schedule and get those 7-8 hours of sleep you have been trying to get. Good nights of sleep also contribute to long term health as sleep is essential to our quality of life.

Exercise doesn't just enhance our lives, NOT doing it, is actually harmful to us. Inactivity is one of the worst things for our bodies. Over the course of human history, we've never been as sedentary as we are right now. And scientists say it could be killing us. Studies show that sitting for more than 8 hours a day is just as bad for us as being obese or smoking regularly. Yet sedentary jobs in the US have increased 83% since 1950. This issue of inactivity amongst society is the worst its ever been.

So why then with knowing all of these health benefits and life benefits that exercise provides, do the majority of us still struggle with achieving daily exercise?

A study on bodybuilding.com found that over 66% of Americans who make a new year's resolution have aimed to get fit. Of that percentage, 73% of them did not meet their fitness resolution goals. Why is that? According to the study, 36 percent say it's too difficult to follow a diet or workout regimen, 33 percent say it's too hard to get back on track once they fall off and 31 percent say it's hard to find time.

So for the most part, the reasons why we don't want to enhance our lives with longevity and overall well being and confidence is because we think it's too hard or there is not enough time. These reasons are so far from the truth when it comes to exercise. Let me show you how.

“There is no failure except in no longer trying.”– Elbert Hubbard

THE SECRET TO BECOMING FIT

As we learned in the last chapter, one of the biggest reasons why people do not prioritize their fitness is because they think it is "too hard". Way too often I hear people say that they do not want to try because working out is this long, grueling experience. "I am good with just me and my Netflix" they will comment jokingly. People view it as if it were chore, almost as if it is some form of torture they have to endure for a long period of time.

Up until I graduated college, I actually thought the same thing. I always loved sports and loved competing in them but when it came to working out, I found it to be long and boring. I would go to the recreational gym in my off season during track and I would dread it. I later learned a completely different way of working out which can be translated anywhere, any time.

Staying in shape at home can and should be fun. It doesn't have to be this, lock yourself up in a cell and punish yourself until its done thing. If you know anyone that only plays pickup basketball or soccer as their exercise but do it on a consistent basis at least 3 times a week, they are most likely in pretty good shape. This is not miserable or torturous to them, it is fun and they are healthy from the process. They have gotten in shape without even realizing it because their brain was focused on something else. Exercise can be the same way. It's all about how the workout is written. There are many ways to arrange movements in a workout to what you perceive as fun. I want to try something with you. I want you to imagine yourself walking into a gym and seeing this workout on a board:

100 pushups

100 air squats

100 sit ups

100 lunges

How do you feel? Are you excited to workout? Most likely not because this is not written in a way that is one bit appealing. This is an extreme but these are the kinds of workouts that make people shy away from any kind of fitness or exercising. They are intimidating and the truth of the matter is they are not even that beneficial because doing so many reps of one movement in a row

will fatigue that muscle too quickly causing you to stop and take long breaks and remove the stimulus of the actual workout. Even worse, mentally, you will run out of gas because a workout like this for beginners or someone who has not worked out in a long time is very demoralizing.

You do not need to perform 100 reps of something in order for it to work your muscles. 30-50 reps total of each movement with an escalated heart rate will provide you just as much benefit if not more than a workout like that. Now I want you to imagine yourself looking up home workouts online and coming across something like this:

3 Rounds:

10 mountain climbers

20 high knees

*Rest 1 min

3 Rounds:

10 push-ups

10 air squats

Does this look a little more doable to you? Maybe even somewhat fun? Good, it should be fun. This is a great workout because it flips back and forth from core and shoulders to legs then to upper body and legs making it a full body workout. Putting different muscle movements next to each other as well as not too many reps all at once allows you to transition through each movement keeping the blood flowing and maintaining good form. You will move much better throughout the whole time but now, instead of your mind focusing on how many more reps you have left, you are forced to focus on the next movement. Aiming to do workouts like this for your home exercise will make it much easier to start your fitness path and actually attack the workout.

When you start doing these workouts, do not be afraid of starting small. Starting small will be a key component in making your fitness journey really last. And when I say small, I mean really small. This is why the next chapter is called the 5 minute workout. I know that sounds crazy and ultimately you will want to build up to perform more than just 5 minutes at least a few times a week but in the beginning, this is completely fine and let's be fair, even if

you never get up to a workout that's more than 5 minutes but you are doing 5 minutes every day of some kind of exercise, that is still more than most people and it is something to be proud of. We are going for long term fitness here. Something is ALWAYS better than nothing. And getting started is also one of the hardest things for us. So let's make that part easier and more approachable with the lowest possibility of deterring us from continuing.

When I first started exercising after my 2 months of bed rest, I started off very small, doing only a few minutes a day of some sort of exercise. I knew I was not at the level I used to be at and that I had to ease my way into it. A lot of times, we think we need to start huge. We start a 30 day workout plan of 1 hour long workouts and we end up stopping after the 1st few weeks because we burn out. Relax. Things take time and this is our health we are working towards, as well as many other things. There is no need to go all out. In fact, just like most diets, an intense fitness plan going from 0 to 100 when you are just starting out is most likely to not going to last. Just as I had to ease my way back from being in bed rest for 2 months, you will want to do the same thing if you are new to working out or have fallen off the wagon for quite some time. The number one key to achieving anything is consistency but the key to achieving that is baby steps. Start small and the big will come.

When it comes to the schedule of fitness, ultimately, we want to be active every day but you do not need to be hard on yourself. Allow yourself a day or 2 a week where you miss your workout because for whatever reason, you didn't get around to it. Do not title it as if you have "fallen off" or "failed". You have not done any of those things and that kind of thinking will only prevent you more from getting back at it. Or better yet, if you have been on a track of 15 min a day or more of working out, and you find a day where you are just not in the mood or you know you will be crunched for time, go back and choose one of the 5 minute workouts. We are human and we are not going to be motivated every single day. You need to understand this about yourself. The trick is to not feel defeated on the days you feel unmotivated. See it as a day off or go back to the shorter workouts that are more easy to process at the time. After I go through the workouts, in the conclusion, I include a sample calendar of our goal for your workout months. I include days that you might fall off and I include all of the different types of workouts I explain in the book. This calendar can be used as a guide of the bigger picture of what we are aiming for. We are not aiming for perfection

every day but an overall month of fitness with variety.

“Push yourself because no one else is going to do it for you” - anonymous

THE 5 MINUTE WORKOUT

The most important part is to just start. Once you start, you have now broken new ground in your fitness journey. The whole point of these workouts is to create something that looks doable and as close to fun as we can make it to change your mental approach. The last feelings we want to have is the feeling of dread and wanting to avoid it. When we turn something into a dreadful chore, the more we will start to fall off of doing it. When you have established something as a habit, it becomes second nature and you just do it. The avoiding no longer takes place, instead, action takes place. The easiest way to start turning something new into a habit is to make it as fun and enjoyable as we can. Remember, you do not HAVE to do any certain movements. Just as I did after my 2 months of bed rest, pick the movements you like as long as you do it. In the beginning, there is no problem with cherry picking. The key is to get started. The key is to take action. We are making this as enjoyable as we can so we can just START.

When I first started getting back into fitness after my infection was gone, I knew I had to go very easy on myself. Not only was I completely out of shape, but I had a leg that was recovering from 2 back to back surgeries. So I chose home movements and workouts that were good for ME. You can do the same. If for instance, you have never worked out before or have not worked out for several months, you can choose movements that you are better at right now and turn it into a 5 minute workout just to get back into moving. I was not angry at myself that I couldn't do squats at the time, I just accepted I could not do them and did workouts with abs and arms instead. For example, my very first "workout" after my recovery was this:

On a 6 minute timer:

On the odd minutes: 10 pushups

On the even minutes: 15 sit-ups

This was my very first workout and it was all I did for the day. It accumulated to a total of 30 pushups and 45 sit-ups, which I was very happy with. It also worked a little of my engine and cardio for the first time. Since my body had spent so much time doing nothing, I knew this was a good start.

This workout is essentially called an "EMOM", which stands for Every Minute On the Minute. EMOMs are great and can be used for everything. You can combine any movements in endless amount of ways in an EMOM. So going back to choosing movements that are best for you at the time, let's say instead of not being able to do squats like me, your upper body is unable to perform full pushups. Then switch out the pushups for something like this:

On a 6 minute timer:

Odd Minutes: 30 second straight arm plank

Even Minutes: 15 sit-ups

Planks on your hands are a great way to work up to pushups as they work the stabilizing position at the top of a pushup. Or instead, you can perform a pushup onto a couch or from your knees for another great way to work that same movement. The key to programming these EMOMs is you want to keep the reps to something that takes around 30-45 seconds. That way you have enough time to catch your breath and transition to the next movement.

You can also do a workout similar to my example in the last chapter and make it 5 minutes! Here is a 5 minute workout with built in rest:

Set your timer to 5 min:

2 minute amrap:

10 mountain climbers

20 high knees

*Rest 1 min

2 minute amrap:

5 push-ups

10 air squats

Amrap stands for As Many Rounds As Possible. So when given a time, start at the top and go through the round of the movements, then start at the top again until the time is up. This is a great way to breathe through your movements and focus on quality, not reps. Let the timer do the work on letting you know you are done. You just do the exercises and focus on control and good form. We are not racing here. We want to get good quality reps in

for your body and your muscles. This is also the perfect way to gage how much time you have spent working out. I prefer to program timed workouts because then you do not have to stress about rushing to get the workout done because you have somewhere to be. Set your timer and just move through it until the timer is done. Then you know exactly how much time you spent working out.

Or let's say yesterday you did a lot of upper body and you want to do only leg movements. Pick your favorite 3 leg movements and mix them together:

2 minutes:

10 lunges (5 each leg)

10 high knees

*Rest 1 min

2 minutes:

10 lunges (5 each leg)

10 air squats

So the lunges repeat but the movement combined with the lunges change, giving it a full ranged leg workout.

Another amazing short workout is the tabata. Tabata is a style of workout that is 20 seconds on, 10 seconds off. It is only 4 minutes long so a total of 8 rounds. You can download apps on your phone such as WeTime that will do all of the work for you. It looks like this:

On a 4 minute timer:

:00 - :20 burpees

*rest :10

:30-:50 mountain climbers

*rest :10

Then start at burpees again until 4 minutes is up (total of 4 rounds).

You can do all sorts of things with tabata. You can create a full body workout and alternate between burpees and mountain climbers, as this one does or you can create a legs tabata and alternate between squats and lunges or you can do abs tabata and do front planks and side planks. Pick any 2 movements or if

you even want to pick 4 movements and do 2 rounds of that, you might prefer that instead.

Below are 12 great simple exercise movements you can do at home with absolutely nothing except for a chair or couch to combine into any sort of workout. In the end of the book, I provide pictures and descriptions on how to perform each movement. I provide 2 options in case you prefer to do the second option better. See below the chart for an explanation of some of the movements:

Workout Bank

Option 1	Option 2
Pushup	Pushup on an object/Plank on Hands
Squat	Squat to a Chair
Situp	Crunches
Lunge	Half Lunge
Up and Down Planks	Plank on elbows
Burpees	Gentle Burpees
Mountain climbers	
High Knees	
Side plank	

Wall Sit	
Dips	
Shoulder Taps	

If you find this book and its workouts to be helpful, could you kindly leave an honest review?

<https://www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B0895G68G1>

“That’s what is incredible about human beings, is the choice to keep going.”– Jack Antonoff

EXAMPLES OF THE 5 MINUTE HOME WORKOUTS

EMOMS

Legs 6 Minute EMOMs:

Lunge & Squats

On a 6 Minute Timer:

Odd Minutes: 40 seconds of lunges in place

Even Minutes: 40 seconds of squats

The Static Hold - Legs

On a 6 Minute Timer:

Odd Minutes: 30-45 seconds Wall Sit

Even Minutes: 30-45 seconds lunge hold about :20 each leg (Hold lunge position with knee just above the ground)

Cardio Legs

On a 6 Minute Timer:

Odd: High knees in place

Even: Drop Squats (start standing with feet close together then drop down into a squat moving feet apart)

Upper Body 6 Minute EMOMs:

Push and hold

On a 6 Minute Timer:

Odd: 40 seconds of pushups (option 1 or 2)

Even: 40 seconds of shoulder taps (Top of a pushup position, bring one hand to tap opposite shoulder)

(Try to keep the same amount of reps each time through)

Push and Dip

On a 6 Minute Timer:

Odd: 5-10 pushups into a 20 second plank

Even: 15 dips

Full Body 6 Minute EMOMs:

Full Body Hold

On a 6 Minute Timer:

2 times through -

Minute 1: 30-40 second wall sit

Minute 2: 30-40 second plank

Minute 3: 30-40 second superman

Full Body Cardio

On a 6 Minute Timer:

2 times through -

Minute 1: 30-40 second high knees

Minute 2: 30-40 second mountain climbers

Minute 3: 30-40 second air squats

Full Body Variety

On a 6 Minute Timer:

1 time through -

Minute 1: 30-40 second situps

Minute 2: 30-40 second wall sit

Minute 3: 30-40 second air squats

Minute 4: 30-40 second plank

Minute 5: 30-40 second lunges

Minute 6: 30-40 second pushups

Workouts with Timed Rest

Leg Workouts with timed rest:

Up & Down

Set your timer to 5 min:

2 minutes:

10 squats

20 high knees

*Rest 1 min

2 minutes:

10 lunges

10 mountain climbers

1. Hold & Move

2 minutes:

30 second wall sit

10 lunges

*Rest 1 min

2 minutes:

30 second bottom of squat hold

10 backwards lunges

Upper Body Workouts with timed rest:

2. Triplet

Set your timer to 5 min:

2 minutes:

10 mountain climbers

20 shoulder taps

*Rest 1 min

2 minutes:

5 push-ups
20 shoulder taps

TABATA

1. Legs Tabata

On a 4 minute timer:

4 rounds -
:00 - :20 squats
*rest :10
:30-:50 lunges
*rest :10

2. Arms Tabata

On a 4 minute timer:

4 rounds -
:00 - :20 up and down plank
*rest :10
:30-:50 pushups
*rest :10

3. Abs Tabata

On a 4 minute timer, 2 rounds:

:00 - :20 front plank
*rest :10
:30-:50 right side plank
*rest :10
:00 - :20 left side plank
*rest :10
:30-:50 superman hold

*rest :10

4. Full Body Tabata

On a 4 minute timer, 2 rounds:

:00 - :20 air squats

*rest :10

:30-:50 mountain climbers

*rest :10

:00 - :20 plank

*rest :10

:30-:50 burpees

*rest :10

Then start at air squats again.

Circuits

Leg Circuits:

2 Rounds:

20 lunges

15 air squats

20 backwards lunges

:15 wall sit

20 high knees

Upper Body Circuits:

2 Rounds:

5 pushups

10 shoulder taps

:15 top of pushup hold

Full Body Circuits:

2 Rounds:

10 mountain climbers

:15 wall sit

10 pushups

10 air squats

:15 plank

10 lunges

“Sometimes later becomes never. Do it now” -Anonymous

10 MINUTE WORKOUT EXAMPLES

EMOMS

Legs 9 Minute EMOMs:

1. Quad Builder

On a 9 Minute Timer:

3 Rounds -

Minute 1: 30 seconds of lunges in place

Minute 2: 30 seconds of squats

Minute 3: 30 second wall sit

2. Full Leg Builder

On a 9 Minute Timer:

3 Rounds

Minute 1: 30 seconds reverse lunges in place

Minute 2: 30 seconds butt kicks

Minute 3: 30 seconds calf raises

3. Cardio Legs

On a 9 Minute Timer:

3 Rounds:

Minute 1: 30 seconds high knees in place

Minute 2: 30 seconds drop squats (start standing with feet close together then drop down into a squat moving feet apart)

Minute 3: 30 seconds butt kicks

Upper Body 9 Minute EMOMs:

1. Push, tap, hold

On a 9 Minute Timer:

3 Rounds:

Minute 1: 30 seconds of pushups (option 1 or 2)

Minute 2: 30 seconds of shoulder taps (Top of a pushup position, bring one hand to tap opposite shoulder)

Minute 3: 30 seconds plank

(Try to keep the same amount of reps each time through)

2. Push, hold, dip

On a 9 Minute Timer:

Minute 1: 30 seconds of pushups

Minute 2: 30 seconds of plank

Minute 3: 30 seconds of dips

Full Body 9 Minute EMOMs:

1. Full Body Hold

On a 9 Minute Timer:

3 times through -

Minute 1: 30-40 second wall sit

Minute 2: 30-40 second plank

Minute 3: 30-40 second superman

2. Full Body Cardio

On a 9 Minute Timer:

3 times through -

Minute 1: 30-40 second high knees

Minute 2: 30-40 second mountain climbers

Minute 3: 30-40 second air squats

3. Full Body Variety

On a 10 Minute Timer:

2 times through -

Minute 1: 30-40 second situps

Minute 2: 30-40 second wall sit

Minute 3: 30-40 second pushups

Minute 4: 30-40 second plank

Minute 5: 30-40 second lunges

Legs E2MOM:

(If these take longer than 1:45, lower the reps)

1. Drop and Jump

Every 2 Minutes -

For 5 Rounds:

5 drop squats (standing up straight then dropping down into a low squat position)

10 burpees

Arms E2MOM:

1. Pushing & Dipping

Every 2 Minutes -

For 5 Rounds:

10 shoulder taps

10 dips

5 pushups

Full Body E2MOM:

1. Core, Arms, Legs:

Every 2 Minutes -

For 5 Rounds:

10 situps

5 dips

10 drop squats

Workouts with Rest

Leg Workouts with timed rest:

Slow to Quick

Set your timer to 10 min:

2 minutes:

10 squats

10 butt kicks

*Rest 1 min

2 minutes:

10 lunges

10 mountain climbers

*Rest 2 min

4 minutes:

10 squats

10 butt kicks

10 lunges

10 mountain climbers

1. Hold & Move

2 minutes:

30 second wall sit

10 lunges

*Rest 1 min

2 minutes:

30 second bottom of squat hold

10 backwards lunges

*Rest 2 min

4 minutes:

30 second wall sit

10 lunges

30 second bottom of squat hold

10 backwards lunges

Upper Body Workouts with timed rest:

1. Climb Push Hold

Set your timer to 5 min:

2 minutes:

10 mountain climbers

10 dips

*Rest 1 min

2 minutes:

5 push-ups

20 shoulder taps

*Rest 2 min

4 minutes:

10 mountain climbers

10 dips

5 push-ups

20 shoulder taps

TABATA

1. Legs Tabata

On a 4 minute timer:

2 rounds -

:00 - :20 squats

*rest :10

:30-:50 lunges

*rest :10

*Rest 2 minutes

On a 4 minute timer:

2 rounds -

:00 - :20 squats

*rest :10

:30-:50 lunges

*rest :10

2. Arms Tabata

On a 4 minute timer:

2 Rounds -

:00 - :20 dips

*rest :10

:30-:50 pushups

*rest :10

*Rest 2 minutes

On a 4 minute timer:

2 rounds -

:00 - :20 up and down plank

*rest :10

:30-:50 shoulder taps

*rest :10

3. Full Body Tabata

On a 4 minute timer -

2 rounds -

:00 - :20 squats

*rest :10

:30-:50 right side plank

*rest :10

:00 - :20 left side plank

*rest :10

:30-:50 mountain climber

*rest :10

*Rest 2 minutes

On a 4 minute timer -

2 rounds:

:00 - :20 lunges

*rest :10

:30-:50 pushups

*rest :10

:00 - :20 wall sit

*rest :10

:30-:50 front plank

*rest :10

Circuits

1. Leg Circuits:

3 Rounds:

20 lunges

15 air squats

20 backwards lunges

:15 wall sit

20 high knees

2. Upper Body Circuits:

3 Rounds:

5 pushups

10 dips

10 shoulder taps

:15 top of pushup hold

3. Full Body Circuits:

3 Rounds:

10 mountain climbers

:15 wall sit

10 pushups

10 air squats

:15 plank

10 lunges

“You will never always be motivated so you must learn to be disciplined”

15 MINUTES AND BEYOND

If you have incorporated the 10 minute workout into your routine a few times a week and you think you can add more workout time into your schedule, then you are ready to start adding the 15+ workouts into your routine. Even more than the 10 minute workouts, the possibilities and creativity in these workouts are limitless. These workouts can be great for both aerobic stimulus and anaerobic stimulus. You can use these longer days as a nice and easy cardio workout if you have been doing a lot of intervals or you can use them as interval workouts themselves.

Here is an example of a 15 minute workout I did a few weeks into my recovery from surgery:

On a 15 minute clock:

Get on a bike

Bike at a moderate pace for 15 minutes

Every 3 minutes get off the bike and do 10 pushups

Obviously, not everyone owns a bike and this book is meant for those who have no equipment but you can also do this with jogging outside or in place.

Long workouts do not mean they are "harder". In fact, they can even be easier than shorter workouts. Longer workouts are great for recovery. The worst thing to do when your muscles are sore are to not move. Let's say you are sore from doing a 10 minute leg workout the day before, you can take these 20 minutes and go on a nice and easy jog outside, or you can find a bridge or hilly area and walk on an incline.

If you are stuck inside for whatever reason, you can create that same stimulus by walking in place with high knees mixed with lunges and calf raises.

A 20 minute jog or 20 minute walk uphill can be substituted inside for something like this:

3 Rounds -

3 minutes: Walk in place with high knees

2 minutes: Slow lunges in place

1 minutes: Reverse lunge in place

1 minute: Calf raises

This totals to 7 minutes each round making it 21 minutes total after 3 rounds. You can do this in front of the TV and just keep moving at a nice steady pace. This will mimic the feeling of a light jog or uphill walk by working those same muscles for a long period time at a low intensity.

If you want to turn this day into a fun, more intense workout and get your heart rate up, intervals are the way to go. Here is a workout that will challenge you in a good way:

On a 15 minute clock

Every 5 minutes for 3 rounds complete:

200 m run

15 burpees

200 m run

*rest for the remainder of the 5 minutes each round

You should have at least 1 minute of rest before the start of the next 5 minutes. If you have less than that, cut down the burpees. This way you will get the right amount of rest in order to recover enough to have energy in the next interval. This is a great way to get the heart rate up and add intensity to your training. If you do not like burpees, change the movement to something you do like that will provide the same intensity:

On a 15 minute clock

Every 5 minutes for 3 rounds complete:

200 m run

15 jump squats

200 m run

Or

On a 15 minute clock

Every 5 minutes for 3 rounds complete:

200 m run

20 mountain climbers

200 m run

If you do not want to or can't run, change that to something else that is also low strain and using those faster twitch muscles such as high knees or jumping jacks:

On a 15 minute clock

Every 5 minutes for 3 rounds complete:

30 jumping jacks

20 mountain climbers

30 jumping jacks

Or do jumping jacks then high knees. Like I said, the possibilities are limitless. The following chapter will give you some workout examples that you can do inside or outside with 15 or more minutes.

“You don’t become what you want, you become what you believe” - Oprah Winfrey

15 MINUTES AND BEYOND EXAMPLES

Cardio

Simple Cardio:

20 minute walk

Or

10 minutes jog

10 minute walk

Legs Cardio:

1. Jog and Quads

On a 16 minute clock

Jog at a moderate pace

Every 2 minutes do 10 air squats

2. Glute Progression

On a 15 minute clock

3 rounds:

2:00 march in place with high knees

2:00 slow and controlled lunges

1:00 fast high knees

Upper Body Cardio:

1. Jog and Triceps

On an 18 minute clock

Jog at a moderate pace

Every 3 minutes perform 10 dips (on a sidewalk bench, if neither is available do pushups)

2. Walk and hold

On a 14 minute clock

March in place with high knees

Every 2 minutes do 20 shoulder taps

Full Body Cardio:

1. Jog, push & squat

On an 18 minute clock

Jog at a moderate pace

Every 3 minutes: 10 pushups then 10 squats (alternate between the 2 each time for a total of 3 rounds each)

2. Walk, hold, lunge

On a 15 minute clock

March in place (or walk)

Every 3 minutes: hold a 30 second plank then do 10 lunges

Intervals

Upper Body Intervals:

1. Chest Builder

On a 20 minute clock

Every 4 minutes for 5 rounds:

200 m jog

5 slow pushups (with feet elevated onto a curb etc.)

5 fast pushups

100 m sprint

*rest for the remaining of the 4 minutes

2. Tricep Builder

On a 15 minute clock

Every 3 minutes for 5 rounds:

20 jumping jacks

5 slow dips

10 fast dips

Lower Body Intervals:

1. Glutes and Quads

On a 20 minute clock

Every 4 minutes for 5 rounds:

200 m jog

10 lunges

10 jumping squats

2. Jump Hold Jump

On an 18 minute clock

Every 3 minutes for 6 rounds:

5 burpees

:30 wall sit

5 burpees

Full Body Intervals:

1. Press, Bridge, Climb

On an 15 minute clock

Every 3 minutes for 5 rounds:

5 pushups

10 bridges

20 mountain climbers

2. Tap and Jump

On a 14 minute clock

Every 2 minutes for 7 rounds:

20 shoulder taps

10 jumping lunges

3. Sit-up and Go

On a 15 minute clock

Every 5 minutes for 3 rounds:

10 pushups

10 situps

10 burpees

Circuits

Lower Body 15-20 minute circuits:

1. Move and Freeze

3 Rounds:

15 Squats

15 glute bridges

:30 wall sit

20 lunges

10 mountain climbers

20 high knees

:30 wall sit

Upper body 15-20 minute circuit:

1. Stop and Go

3 Rounds:

:20 plank

10 dips

15 shoulder taps

:20 left side plank

:20 right side plank

10 dips

5 pushups

Full body 15-20 minute circuit:

1. Heads Shoulders Knees and Toes

4 Rounds:

15 jumping jacks

20 shoulder taps

15 air squats

5 pushups

:20 wall sit

10 mountain climbers

CONCLUSION: PUT IT ALL TOGETHER

Now, it is time to put everything together.

The purpose of this book is not to give you a specific workout regimen that will scare you away and cause you to eventually fall off. As we learned in the first chapter, 66% of all Americans make a new year's resolution to get fit, yet 73% of those people do not meet their goals due to reasons such as it is too difficult or there is not enough time. The purpose of this book is to provide all different types of workouts with a variety of time frames and no equipment or specific environment needed to eliminate all excuses. So look at the workouts and tweak them as you please and then create a workout routine that works best for you that will keep you dedicated to your health and fitness for the years to come.

The goal is to create any combination of the workouts listed in these chapters to fit what works for you. After you get into the groove of it, eventually you should have a wide range of workout lengths and styles throughout each week. Gather the workouts you want to do for the week and put them together. If you want to go for the lower body one day and upper body the next day, then create a regimen that is based around that and add in a day or two of tabata abs or 20 minute walk. Or if you prefer to do full body workouts almost every day then do that. Again, create the variety and combination of whatever works best for you.

Remember, it is ok to fall off for a day. Use the 5 minute workout as a way to get yourself back into it. Something is always better than nothing. The key to achieving anything is consistency but the key to achieving that is baby steps. Not every day needs to be a 20 minute workout day anyway. It is good to have variety in our daily routines. Adding variety is good for our cerebral patterns, it helps our brains grow as we learn something new and take a different path. Below this, I created two months as an example of what your workout schedule could look like. Ideally, you want to workout 5 days a week but you want to stay active as much as possible. On month 1, I left the weekends as rest days and on month 2, I added in an active recovery day or a 5 min workout to represent that we are still doing something active. Swimming, bike riding, or any type of sport qualifies as being active. As long as you are active most of the days of the week, this will lead you to long term health. I'm being realistic, of course, so I added in an X where you might fall

off a day you were supposed to workout, which is normal and expected but the key is getting back into it the next day:

Month 1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4 min legs tabata	5 min arms circuit	X	5 min full body with rest	5 min legs with rest	rest	rest
5 min arms with rest	X	5 min full body tabata	X	5 min legs circuit	rest	rest
10 min full body interval	5 min arms circuit	10 min legs EMOM	X	4 min arms tabata	rest	rest
10 min legs circuit	6 min arms EMOM	4 min abs tabata	10 min legs interval	6 min full body emom		

Month 2

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
10 min arms tabata	10 min legs interval	6 min full body EMOM	5 min arms circuit	10 min legs tabata	rest	15 min walking

10 min arms circuit	15 min legs interval	15 min full body cardio	X	4 min abs tabata	15 min jog	rest
20 min full body circuit	10 min arms interval	15 min legs cardio	10 min full body interval	6 min arms EMOM	20 min jog	rest
10 min legs interval	4 min arms tabata	15 min full body interval	15 min legs cardio	10 min arms E2MOM	rest	20 min jog

Look at Month 2. That is a good month of fitness. Even if you are doing month 1 consistently every month, you are still ahead of the pack so be proud of what you are doing. The last 2 weeks of month 2 is what we are aiming for. Month 1 was a month of fitness as well but its purpose was to be much easier to get you into the swing of things. I inputted days you would fall off and miss because that is normal in the beginning when trying to acquire a new habit. I added 2 days of falling off in the the second week because sometimes the second week is the hardest. The first week is exciting and new and you will probably get through it from pure motivation but once that dies off and the habit has not fully been developed, you may start to question yourself and your new routine. It won't feel right because your body and your subconscious mind are not used to it.

Create a calendar like this and at the beginning of each week, write up the workouts you are going to do each day. Remember to start out small, similar to what I wrote up. Pick workouts and movements that YOU like and the time frame you would like to set apart for your day to complete the workout. Try to make it around the same time every day. That will make it easier to turn it into a routine. At the end of each week, even if you have missed a day, congratulate yourself by putting a checkmark by that week because you are on the road to fitness.

BONUS:

For a free full month of pre-written workouts, visit my website at rise30fitness.com or contact me at rise30fitness@gmail.com.

EXERCISES

Sit-Up

1. Start lying down with legs bent:



2. Bring your torso up into an upright position:



Crunches

1. Start lying down with hands behind your head:

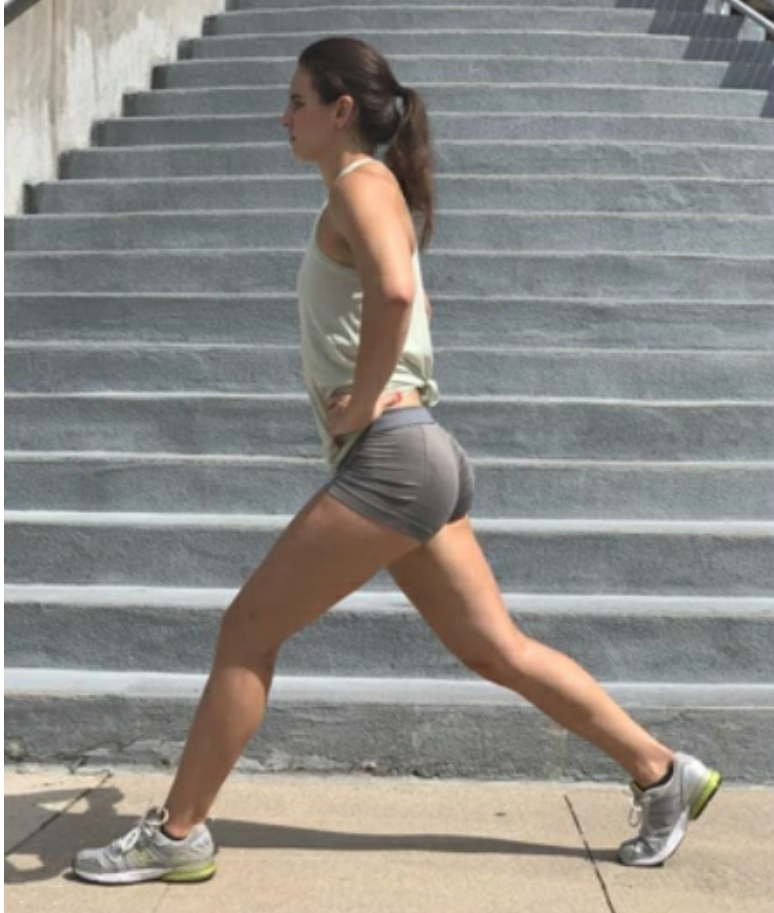


2. Lift your head up until your shoulders are completely off the ground:



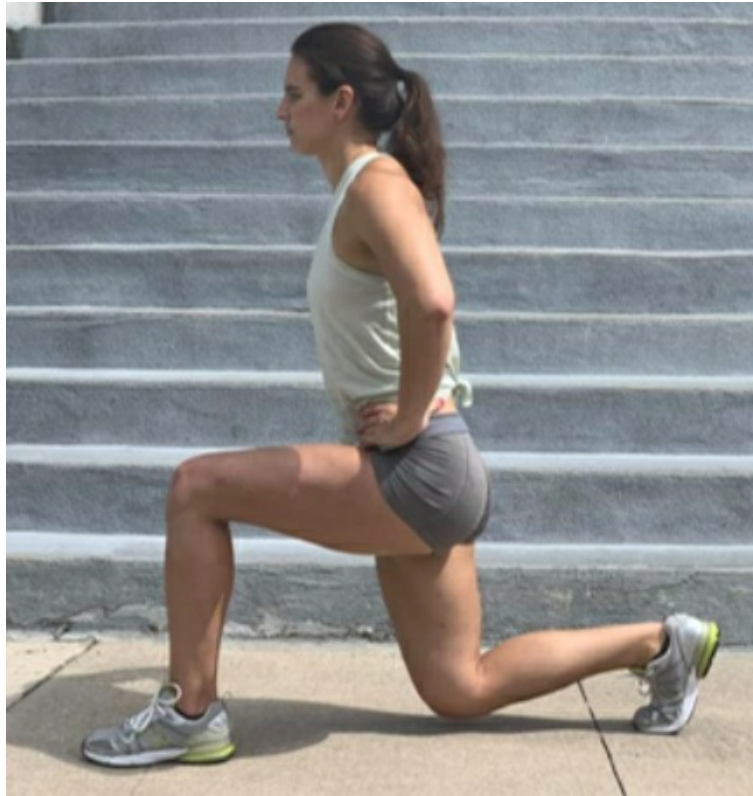
Lunge

1. Start Standing
2. Take a big step forward:



3. Bend your front leg until your knee is at 90 degrees:

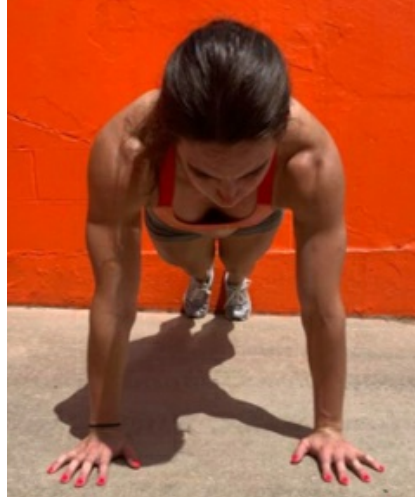
Half Lunge



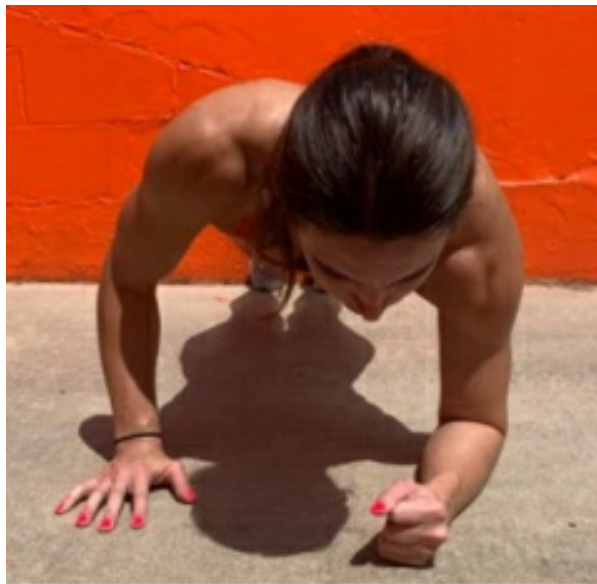
1. Start Standing
2. Take a big step forward
3. Bend your front leg until your knee is at 50-60 degrees

Up and Down Planks

1. Start in a plank on hands:



2. Come down into a plank on elbows:





Plank on Elbows



Burpees

1. Start Standing
2. Lower yourself till your chest touches the ground:
3. Stand back up



Gentle Burpees

1. Start standing
2. Lower yourself till you are in a plank on your hands:
3. Stand back up



Mountain Climbers

1. Start with a plank on hands
2. Bring each leg into your chest tapping toe to the ground:



High Knees

1. Start standing
2. Bring knee up to 90 degrees. Quickly alternate legs:



Side plank

1. Keeping the body straight, plank on your forearm and the side of your foot:



Wall Sit

1. Sit with back against the wall, knees at 90 degrees:



Half Wall Sit

1. Sit with back against the wall, knees at 45 degrees:



Dips

Arms and legs straight:



Bend elbows until they are at 90 degrees:



Shoulder Taps

1. Start in a plank on your hands
2. Touch your shoulder with your opposite hand:

