

# FIT IN 15 Volume 1



**15 minute workouts for Anyone, Anywhere**

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Photos by Sarah Churcher

## 15MIN WORKOUTS

Welcome to my 15 min workouts that can be done anywhere so there's no excuses!

Everyone is busy, but I guarantee you have 15 – 20 minutes a day for “me time”. If you say you don't then you're not managing yourself very well, or something else has to give. Be honest. YOU are the most important person. YOU need time out to de-stress & get your good endorphins flowing to reduce toxic build up in your body & stay healthy. If you don't, then how are you going to look after everyone or everything else going on in your life? You service your car regularly & put the right fuel in it, so treat yourself the same. You only get 1 body to live in once, treat it right!

I hear too often people making excuses not to exercise. Remember exercise for health & weight loss means you must be huffing & puffing, working up a real sweat. Walking the dog, walking around the shopping centre, basic housework, general gardening is incidental exercise. Don't get me wrong, these are all great, but you still need weight bearing exercise at least 3 times a week.

So I wanted to come up with some workouts that anyone could do, in a handy carry anywhere size book with pictures. They can be done at a park or at home, even on holidays!

It is advised to do a 5min warm up before each session to get the blood flowing to the muscles being used, followed by stretching at the end. A fun warm up could be putting on your favourite dance song & dancing flat out. Then keep the music going that hypes you up & makes you feel inspired & happy.

Hydration is also important, especially in warmer weather, so have a glass of water before & after.

## **LEGS**

Lunges – forward & back, Right then Left x 10ea (dropping the knee right down increases challenge or add weight)

Squats – 20 (go low or add some weight for more challenge)

Butt lifts – 20 (raise your feet to a bench, add some weight or lift 1 leg to increase challenge)

Single leg Deadlift – 10 each (add weight to make harder)

Side lunge – 10 each (increase pace or add weight to make harder)

Sumo squats – 20 (add weight or a jump to increase intensity)

\*3 SETS back to back

















## **UPPER**

Pushups – 15 to 20 (high bench to low bench to ground for different levels)

Dips – 15 to 20 (legs bent or straight)

Plank rotating – 10 to 16 (knees or toes)

Stick ups – 15 (aim to keep arms connected to the ground)

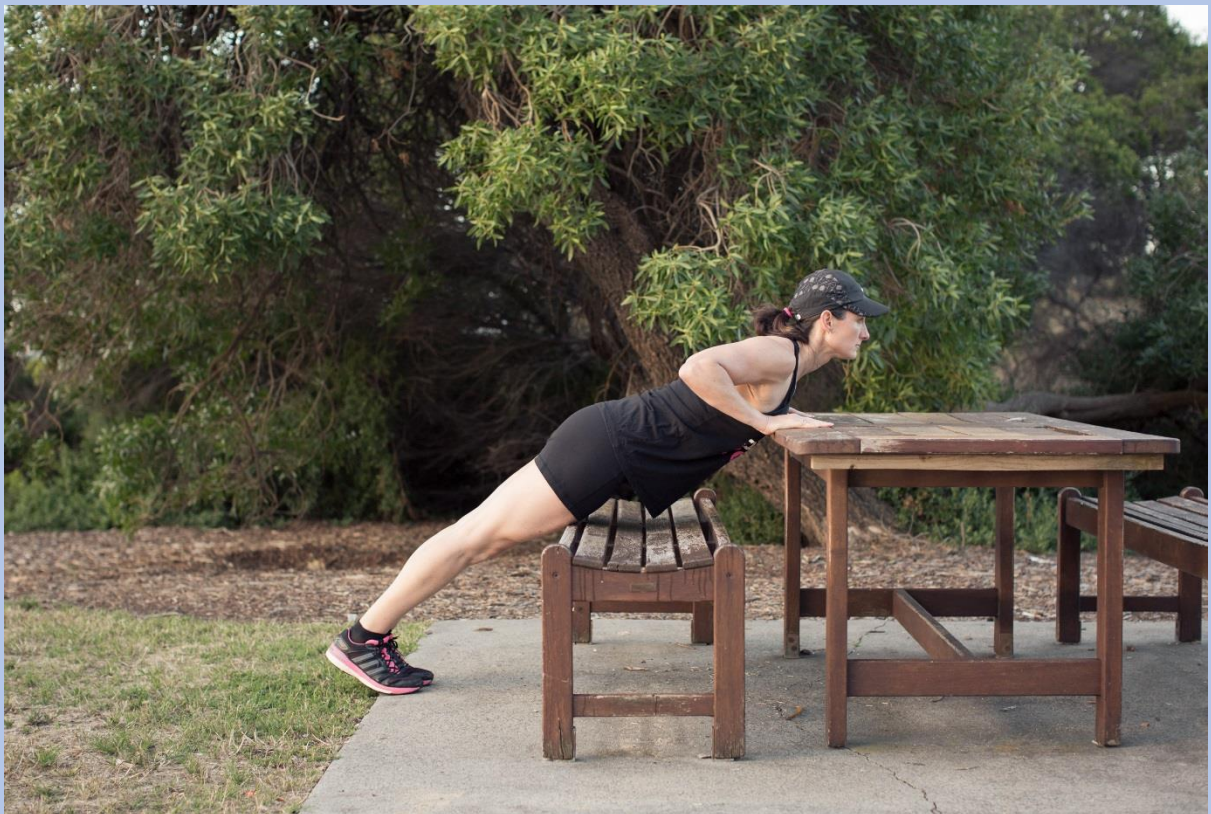
Table Pullups – 10 to 15 (3 levels)

A-frame shoulder press – 10 to 15 (modified or full)

\*3 SETS back to back











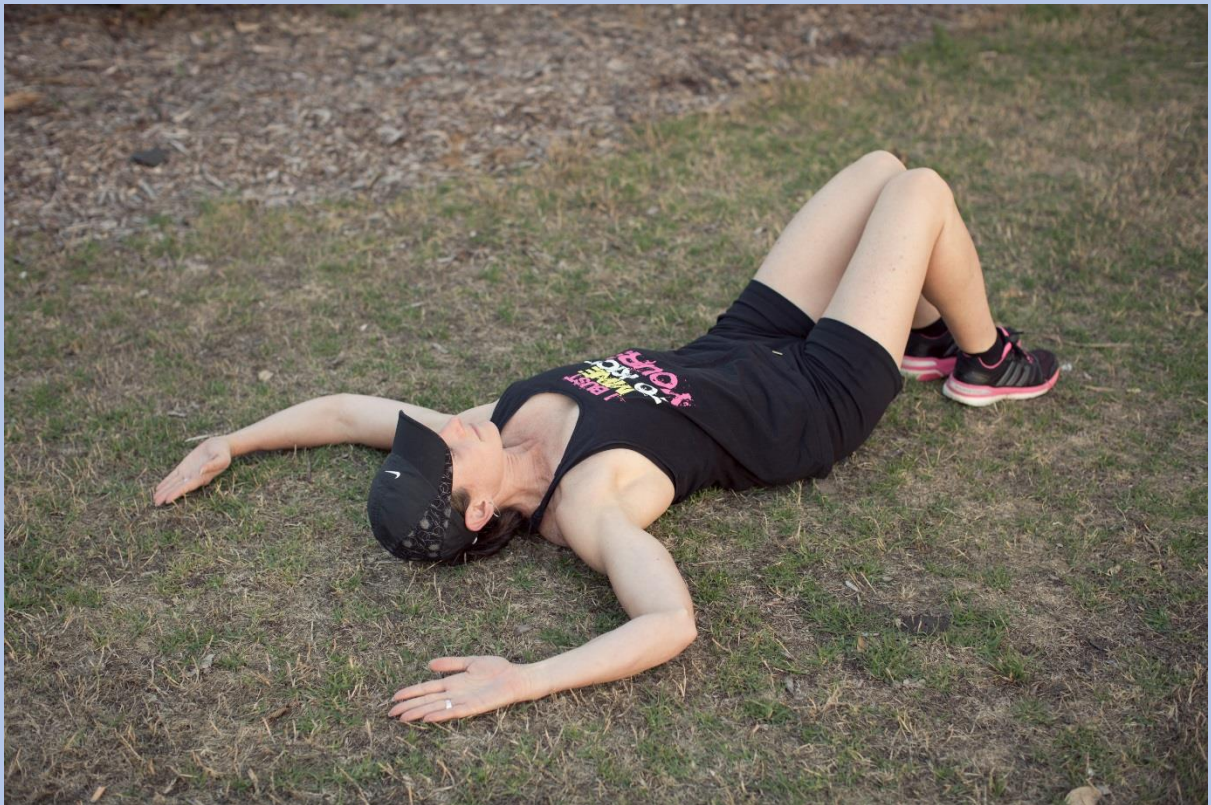










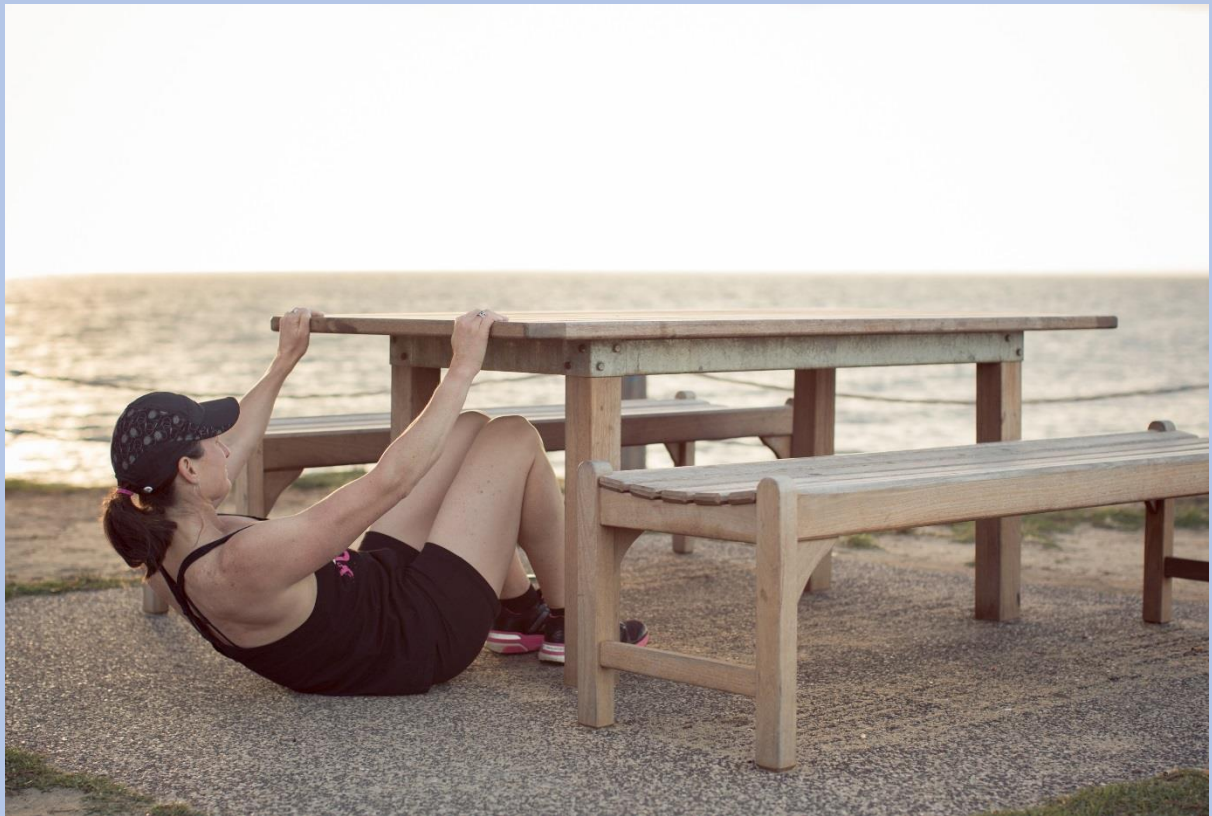






















## **CORE**

Leg lowers – 15 (can be done 1 leg at a time or with knees bent at right angles to make easier)

Slow Mountain Climbers – 20

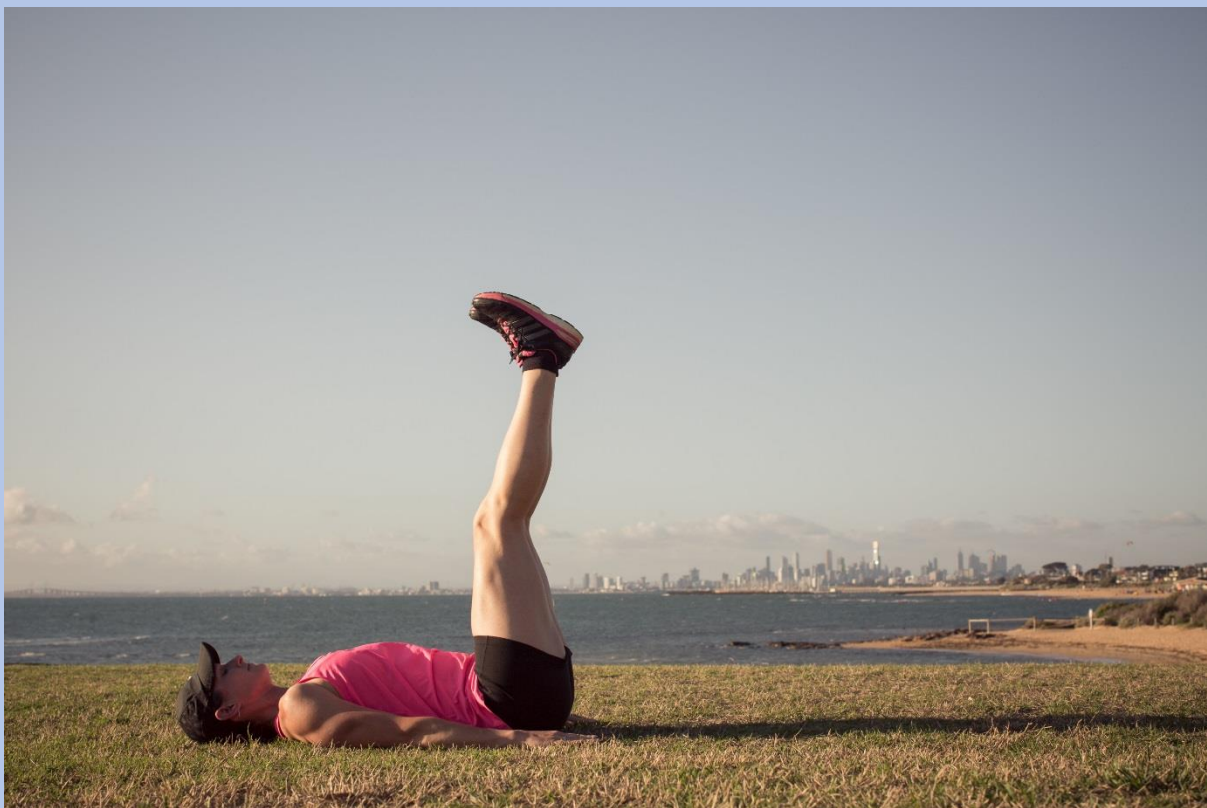
Kickouts – 15 (modified or full, can do 1 leg at time if need)

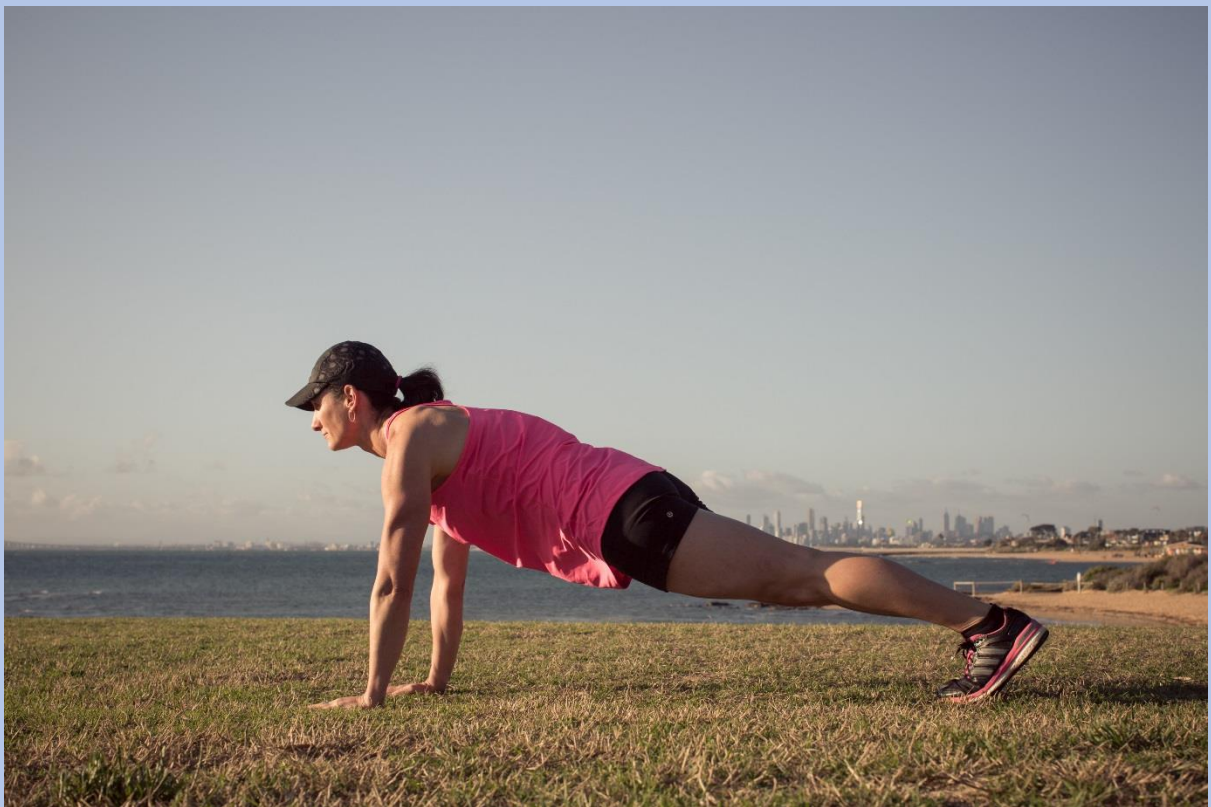
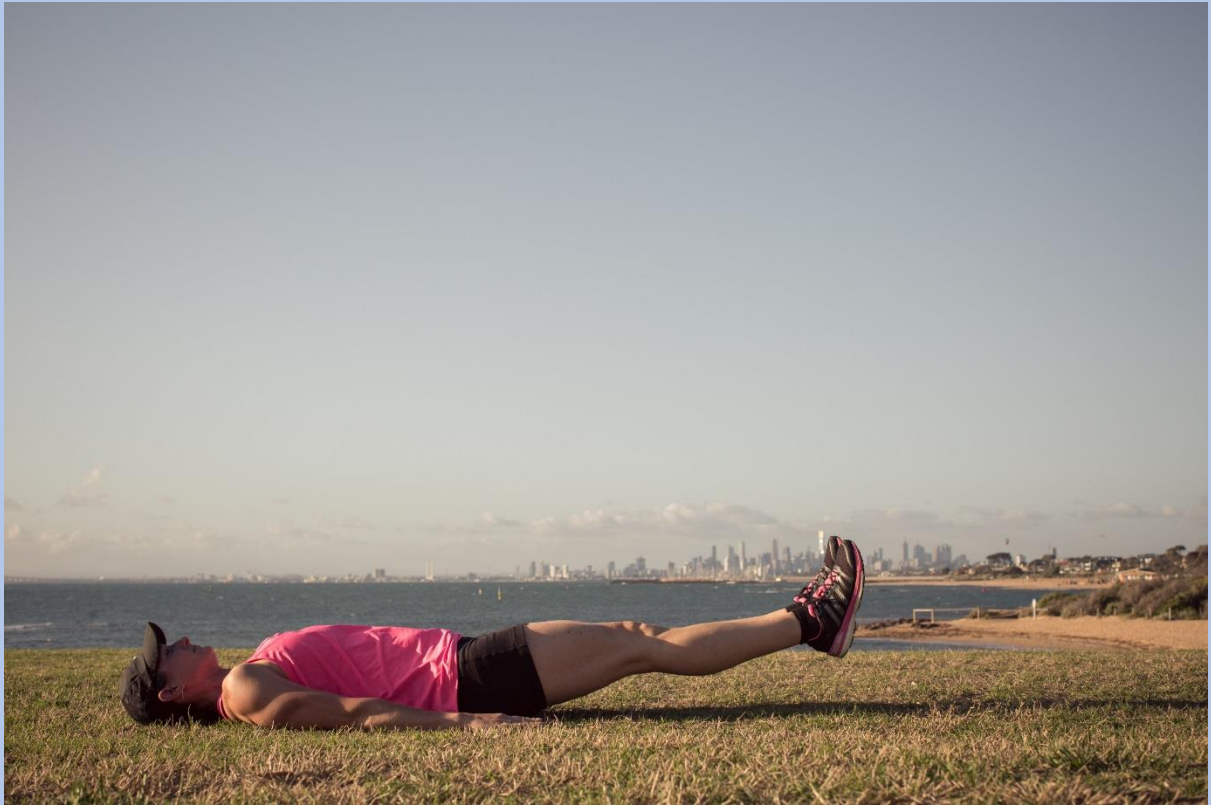
Side plank hip drop – 10 to 15 each (from knees or toes)

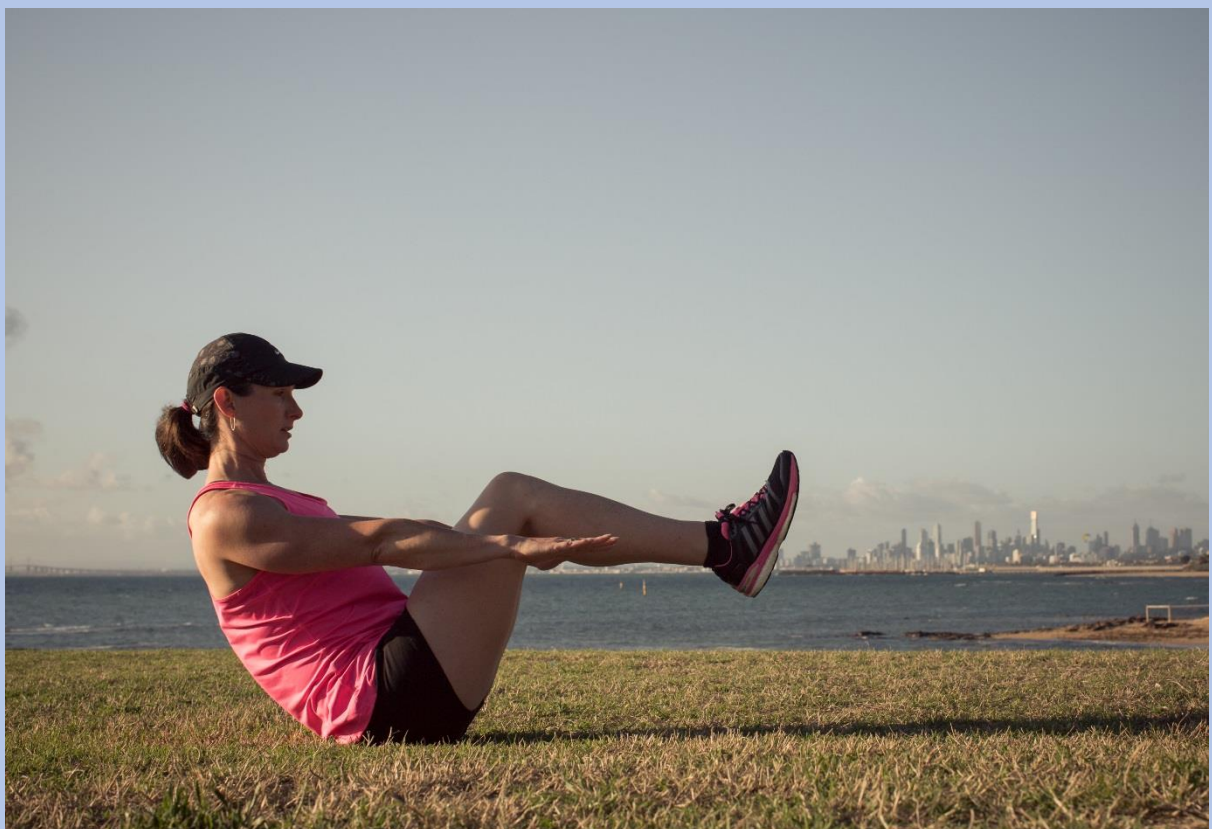
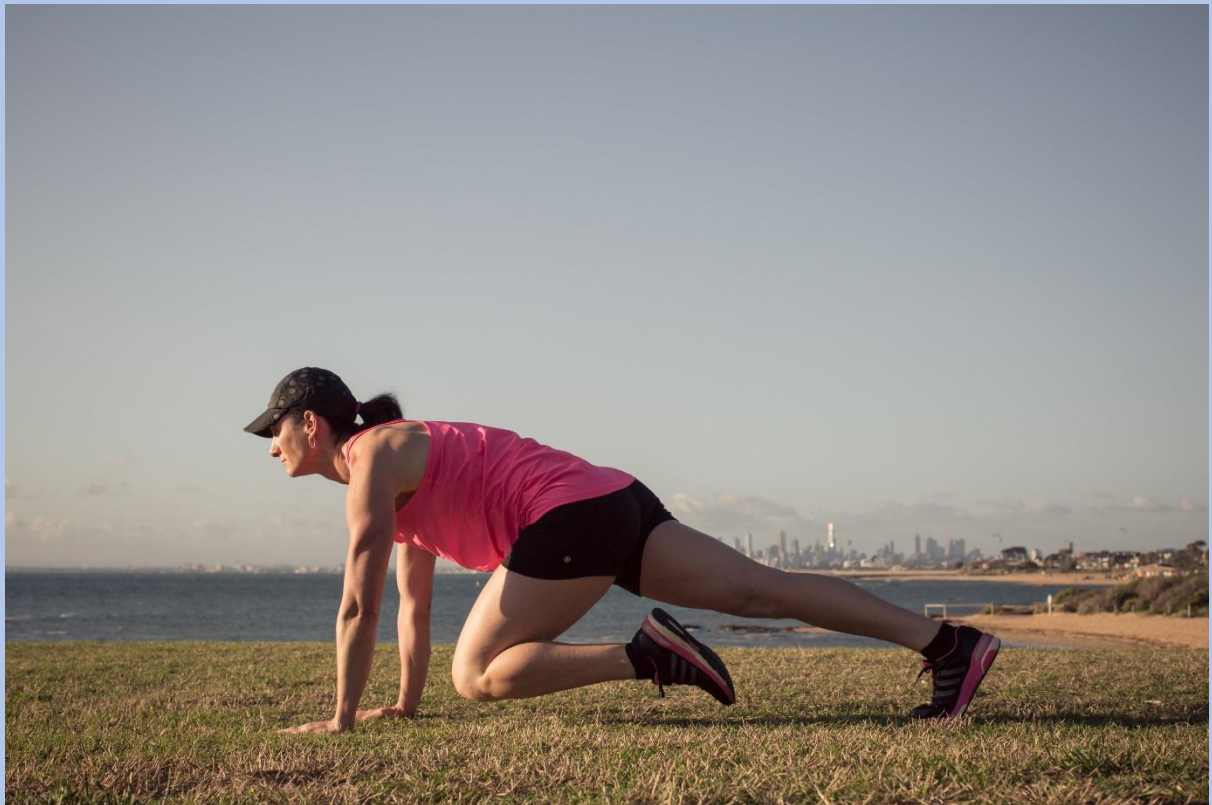
Scrunch & open to Star – 10 each (can add weight to top or bottom arm to make harder)

Skydivers – 15 (don't worry if you can't get your thighs off the ground at first)

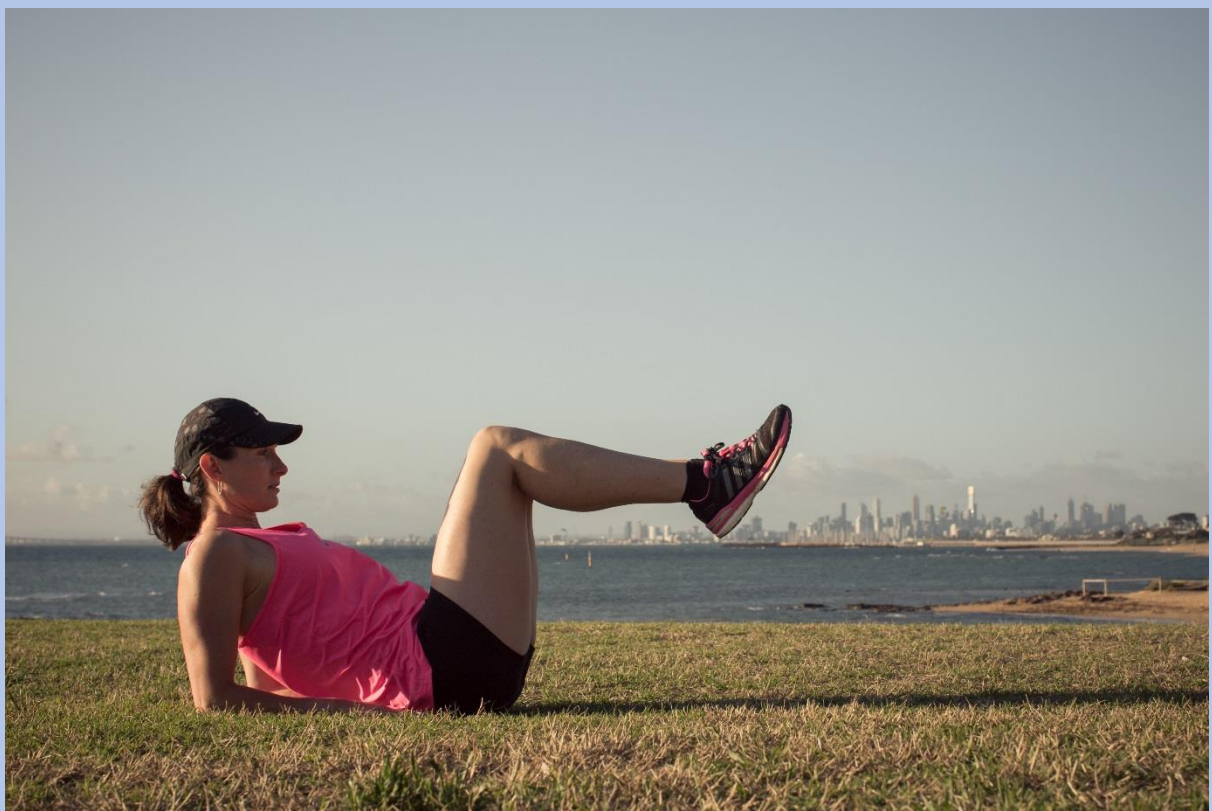
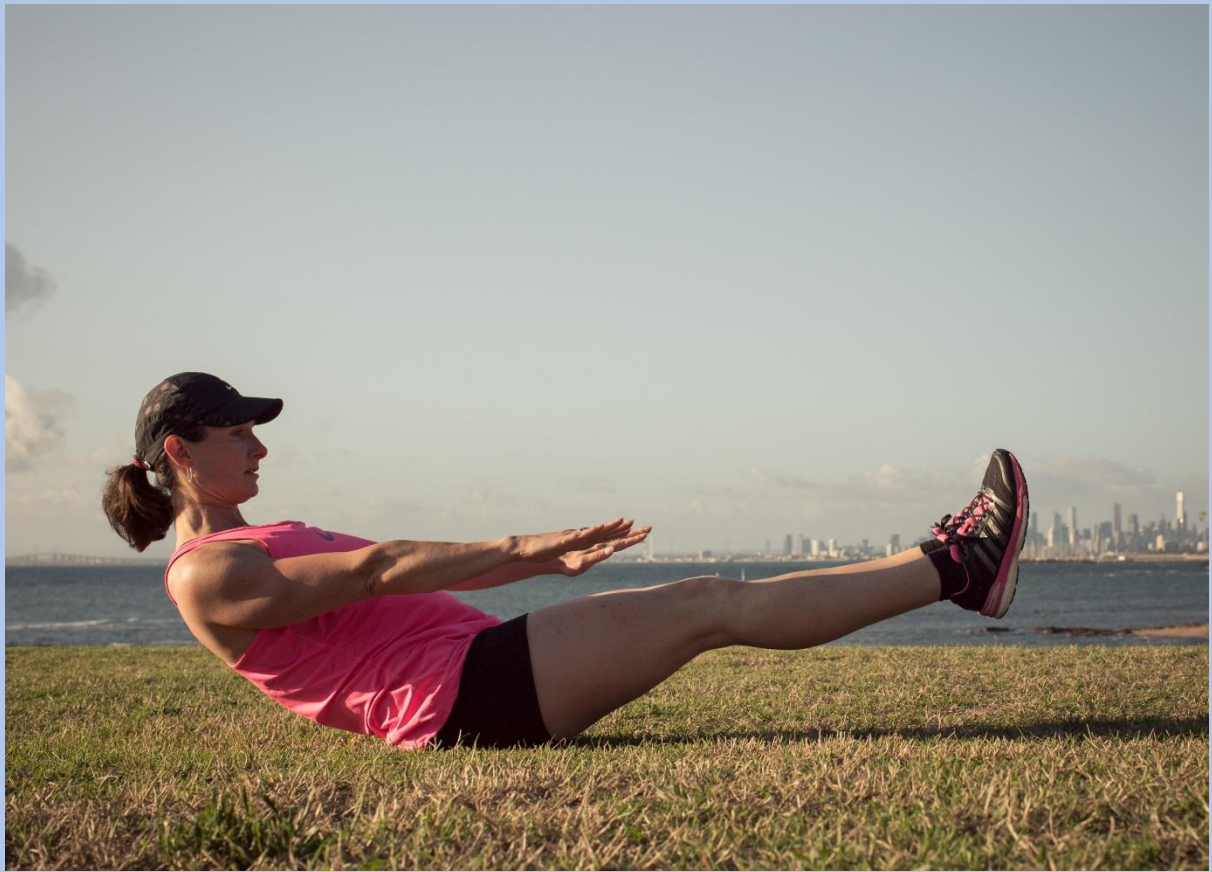
\*3 SETS back to back

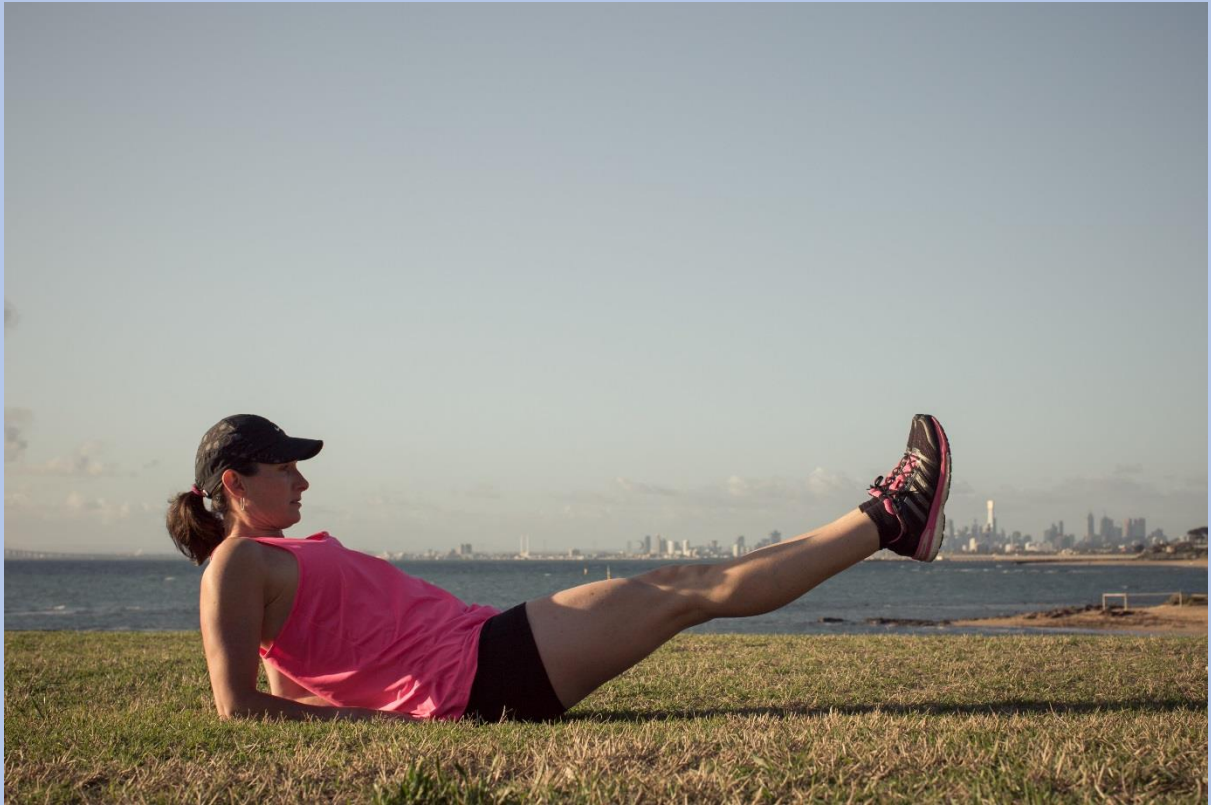




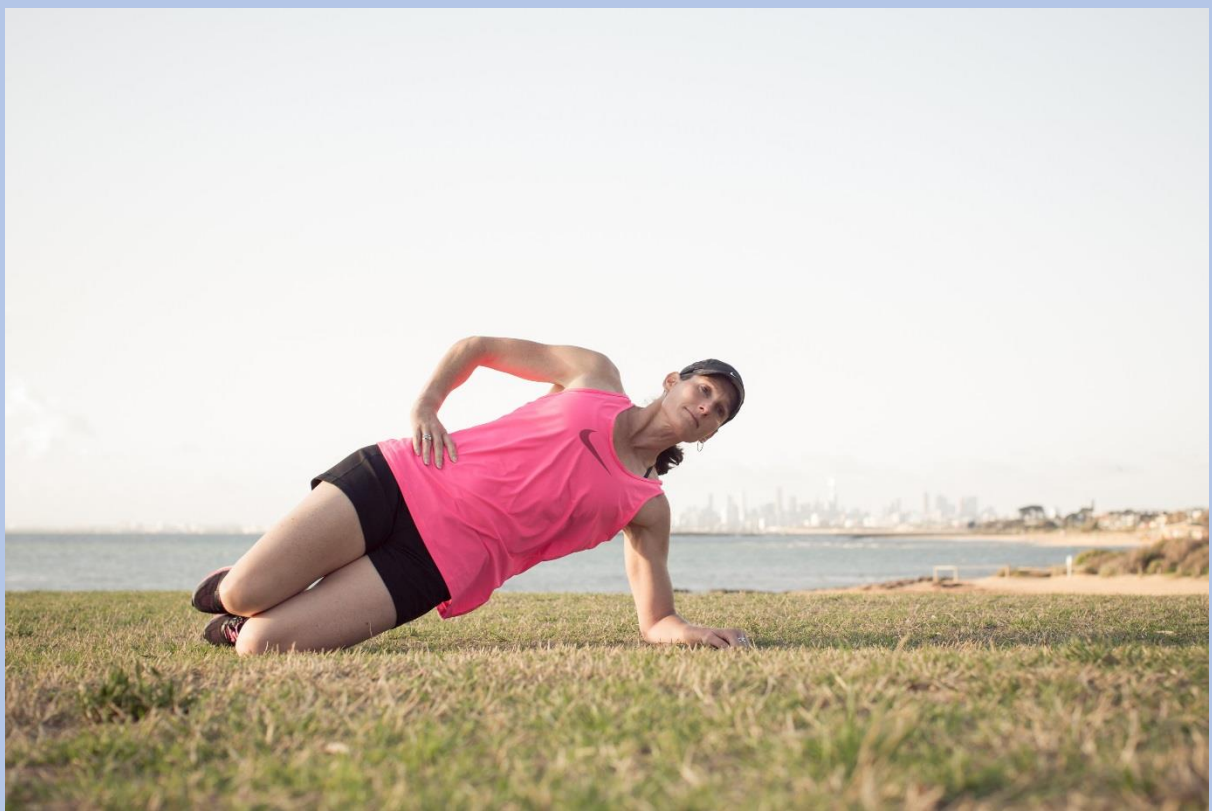






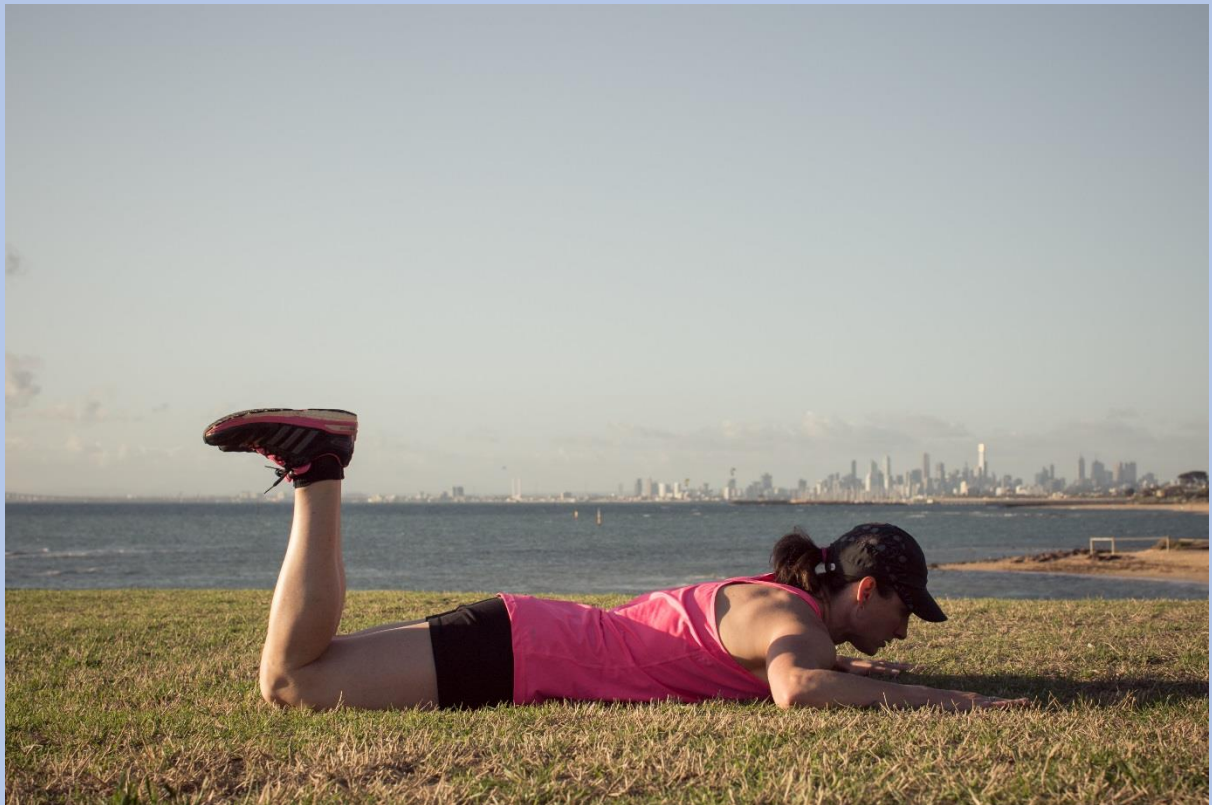














### **TABATA (20sec on, 10sec off)**

Squat jumps (squat low & jump as high as you can. Low impact do calf raise instead of jump)

Pushup shoulder taps (from knees or toes)

Switches (low impact push leg back with both arms up, alternating legs)

Mountain climbers (slow for low impact)

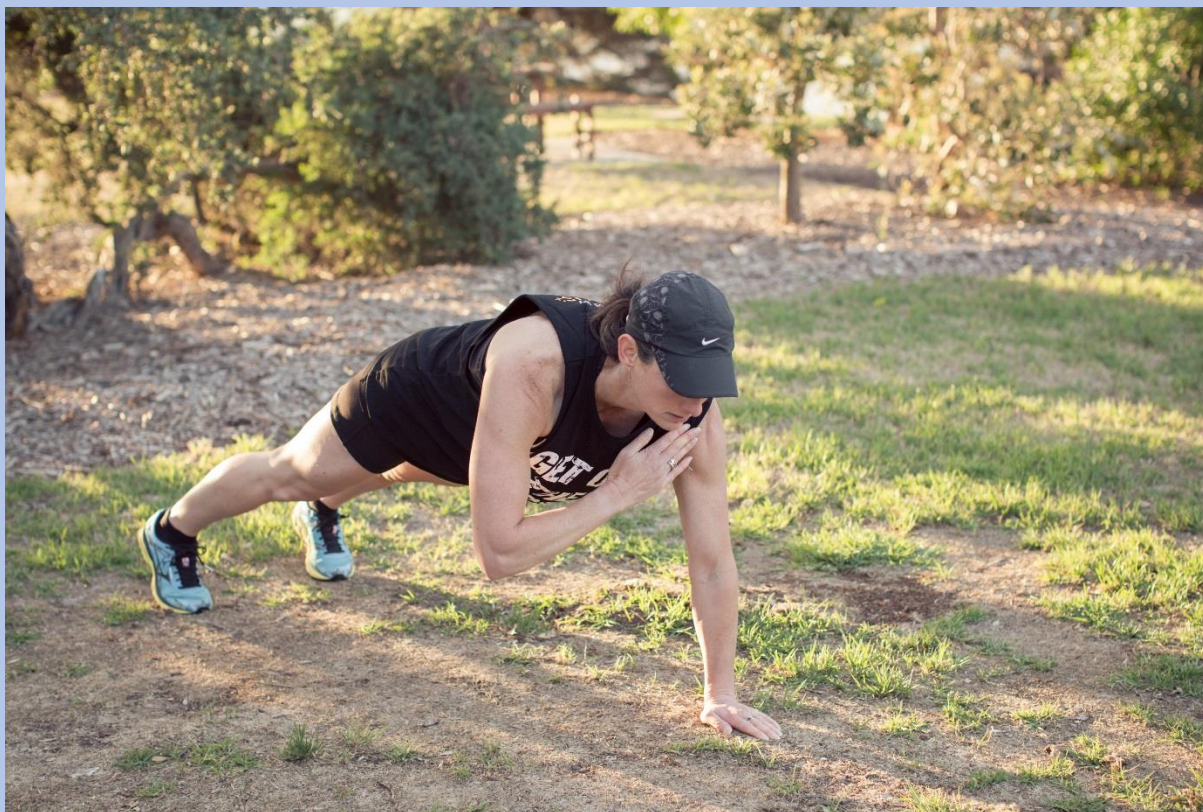
Jumping Jacks (keep knees soft when you jump out. Low impact tap leg out to side alternating)

Burpees (low impact step out & in with no jump)

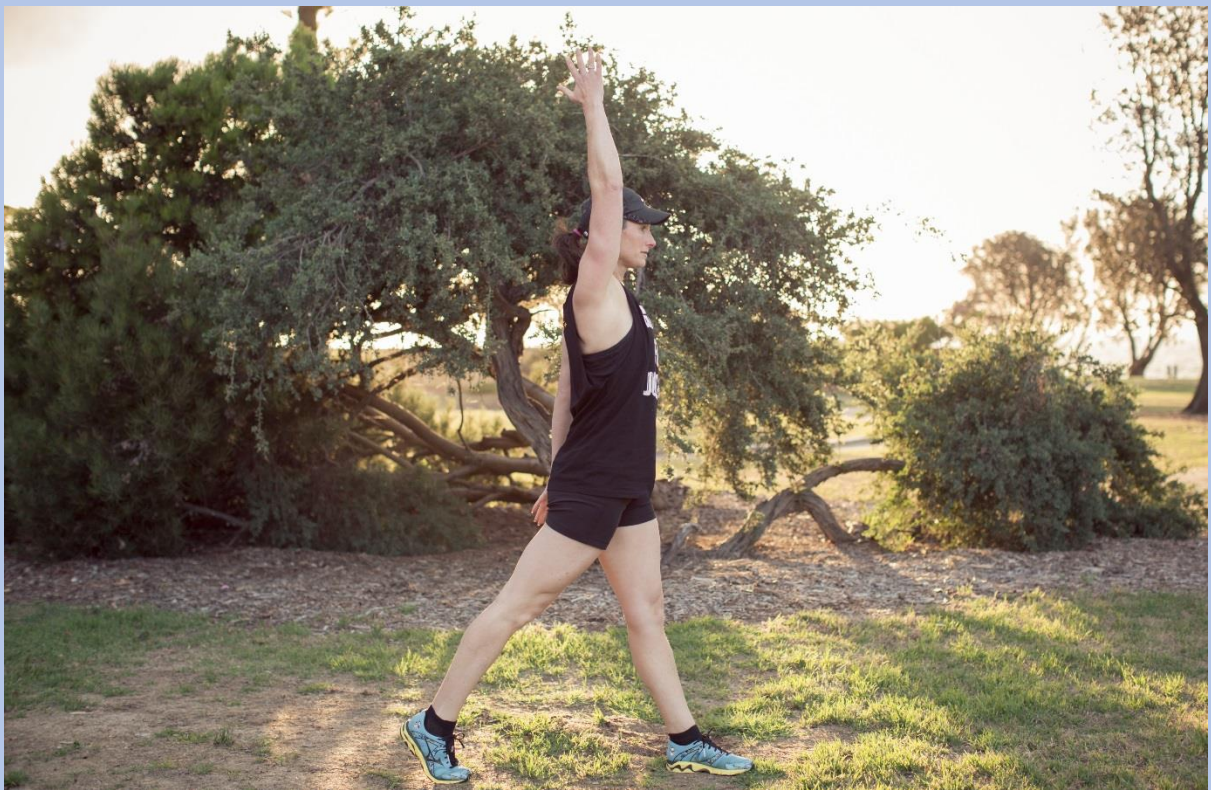
\*Do each exercise 5 times without stopping for ultimate fat burning









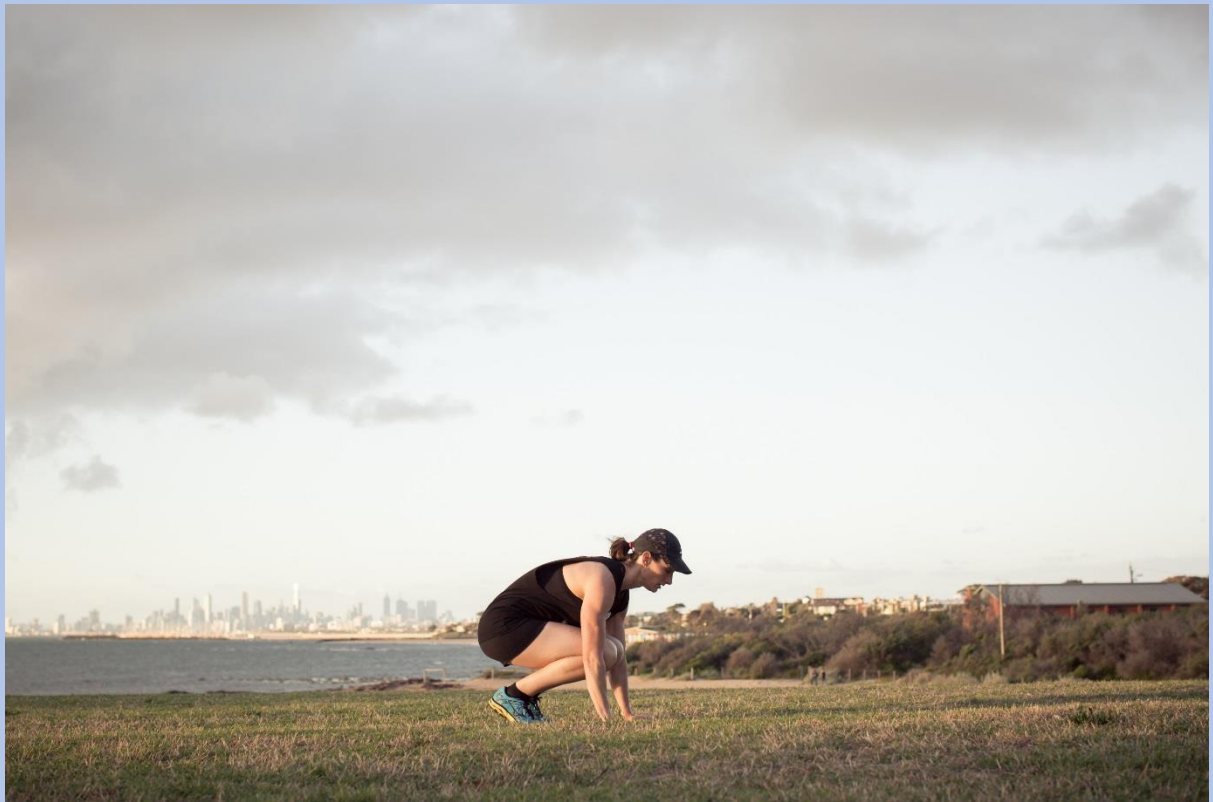
















## **CARDIO INTERVALS**

Warm up jog or walk 1-2kms – if you live near an oval you could jog there or map out a route from your home

800m as fast as you can, 400m recovery, 400m as fast as you can, 200m recovery, 200m as fast as you can, 100m recovery, 100m sprint.

\*note this can still be done if you are a walker. Your fast may be a powerwalk. If you are building up to running your fast might be a jog. You go to your level.

**\*ADD ONS:** If you want more than 15mins there are many ways you can add on to these workouts.

1. Run or walk to or from the park & back, or around a big block from your home before & after.
2. Add 2 of these workouts together.
3. Add 60/90/120 sec flat out walk/run between sets for ultimate fat burning. If you're at a gym you can use the rower, bike, cross trainer or treadmill for this. Instead of time you can go for a certain distance like 500m. It's your workout, don't waste it!

## **STRETCHES**





