

No time for a long extensive workout? Look no further! This 15 minute total body blitz exercise is easy to pick up, will get your heart pumping in no time, strengthen your core and also sculpt your arms, legs and bum! You could even do it during the ad breaks on your favourite TV shows, but for best results, do it all at once within 15 minutes.

## 1. Chair Pose Squat



- Stand with your feet hip-distance apart and your arms at your sides.
- Squat until your thighs are parallel to the floor and bring your arms up.
- As you return to standing, lift your right knee to hip height as you sweep your arms down across your body until the back of your left hand is outside your right knee.

Return to standing and repeat on the other side to complete 1 rep. Do three sets of 12 reps, resting for 30 seconds between sets.

**For beginners, bend your knees 45 degrees during squat.**

## 2. Rock 'n Roll Core

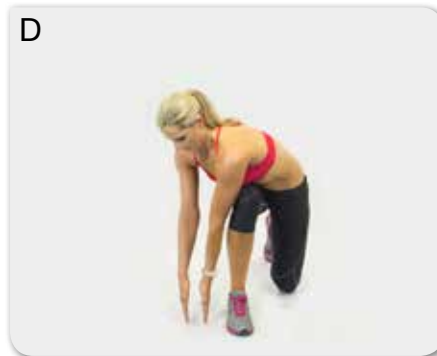


- Get in plank position with your forearms flat on the floor and your palms down.
- Keeping your hands in place and using your feet as the pivot point, twist your body to the left as far as possible without losing your balance.
- Repeat to the right to complete 1 rep.

Do three sets of 8, resting for 30 seconds between sets.

**For beginners, do three sets of 5 instead.**

## 3. Front Lunge Floor Reach And Reverse Twist



- A. Stand with your feet hip-width apart and your arms at your sides.
- B. Lunge forward with your left leg so your right knee is nearly touching the floor and your left thigh is parallel to the floor.
- C. Bending forward, try to touch the floor on the outer side of your left foot.
- D. Push off your left foot and swing your left leg behind you. As you sink backward into a lunge, rotate your torso 45 degrees to the right and touch the floor on the outer side of your right foot.

Return to standing. Do 12 reps and repeat on the other side to complete a set. Do three sets, resting for 30 seconds between sets.

**For beginners, do a half lunge instead bending your knee 45 degrees and reach the outer side of your foot as far as possible.**

## 4. Pushup Crawl



- A. Get in plank position with your hands wider than shoulder-width apart.
- B. Lower your chest as close to the floor as you can.
- C. Holding that position, lift your right knee to the outside of your right elbow. Return to plank position, then push back up to start.

Repeat on the other side to complete 1 rep. Do three sets of 12 reps, resting for 30 seconds between sets.

**For beginners, start with your knees on the ground instead of being in your toes and perform the rest of the exercise as instructed.**

## 5. Grand Plie Squat Reach and Jump



- A. Stand with your legs wide apart, toes turned out and arms at your sides.
- B. Squat until your thighs are parallel to the floor and you're low enough to touch it with your fingertips.
- C. Immediately jump up as high as you can, keeping your legs wide and extending your arms straight overhead, landing softly on your feet to complete 1 rep.

Do three sets of 12 reps, resting for 30 seconds between sets.

**For beginners, bend your knees 45 degrees during squat and push your weight with your heels as quick as possible without jumping while coming out of the squat.**

## 6. Tricep Pushup

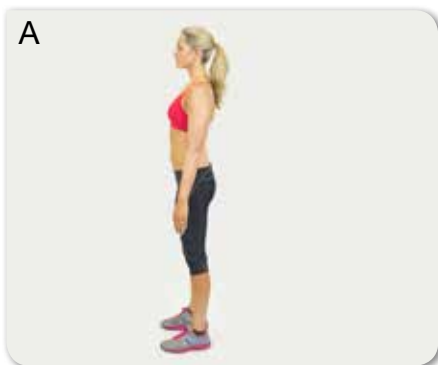


- A. Get in plank position on your knees with your hands shoulder-width apart.
- B. Lower your chest toward the floor while keeping your upper arms parallel to your sides and your elbows pointing straight back. Push back up to start to complete 1 rep.

Do three sets of 12 reps, resting for 30 seconds between sets.

**For beginners, start with your knees on the ground instead of being in your toes and perform the rest of the exercise as instructed.**

## 7. One Leg Squat Floor Reach And Press



- A. Stand with your feet hip-width apart and your arms at your sides.
- B. Bend your left knee, lifting your foot behind you. Squat down and raise your right arm out to the side to shoulder height, then reach your left hand down across your body, touching the floor outside your right toes.
- C. Stand up as you lift your left hand toward the ceiling, lower your right arm to your side, and raise your left thigh to hip level in front of you. Return to standing and repeat on the other side to complete 1 rep.

Do three sets of 12 reps, resting for 30 seconds between sets.

**For beginners, reach past the outside of your knees instead and perform the rest of the exercise as instructed.**

**Complete the whole circuit 3 times, resting for 30 seconds before starting each circuit.**