



30 MINUTE ANYWHERE(BUSY PROFESSIONAL) WORKOUT

BUSY PROFESSIONAL WORKOUT PERFORMED ANYWHERE IN 20 MINUTES OR LESS

Ok busy professional! You're on the go a lot, logging long hours at work and perhaps coming home to your children and find it a mission to get to the gym?!

Then this workout is right up your alley! Doesn't take much time equipment or even space for that matter, but ideally I would like you to perform it outdoors to reap the benefits of breathing in fresh air, getting in touch with nature , and exposure to natural sunlight! All great elements to help manage your stress and improve your health.

There is one rule to this workout: KEEP IT SIMPLE and follow these 3 steps:

1. Start with dynamic leg swings to the front and side at 15 repetitions in each direction followed by dynamic arm circles to the front and reverse at 15 repetitions each direction.
2. Start your walk, jog or run, depending on your level of conditioning or how many hours of sleep you had the night before.
3. Every 5-10 minutes stop and perform the following three movements and repetitions
 - a.) 10-15 body weight squats
 - b.) 10-15 pushups or dips (off a bench or step)
 - c.) 10-20 walking lunges (combined both legs)

Your goal should be to complete this 3 movement circuit 3 rounds within the 30 min segment. As you become better conditioned you may challenge yourself more by increasing the rounds and repetitions and rotating the sequence of the exercises to vary the stimulus and to accommodate your level of fitness. Use a continuous clock to monitor your rounds and rest.

Finally, when you are finished, take a few minutes to stretch your quadriceps, hamstrings and hip flexors that are most likely tight from sitting long periods of time at work and driving.

Try to perform this workout 2-3 times per week and watch your shape begin to change in just a few weeks' time. I'm not here to blow smoke or reinvent the wheel. I've seen this work with many clients by keeping it simple and being consistent. Try this workout along with my Primal Lifestyle tips and you will be looking tone and feeling OPTIMAL.

