

Fit Bit Friday 196

The Fast 15 Workout

Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.

Description: This quick circuit can be done as many times through as you have time for. If you only have 5 minutes – don't you worry – you can still fit one round in! If you've got a little more, repeat the circuit 3-4 times, resting 2-3 minutes after you've completed all 7 moves in the set. Do the cardio moves quickly (jumping jacks, skaters, tuck jumps and burpees) to get your heart pumping, then focus on form for the strength-based exercises.

For those of you looking for the extra challenge, add dumbbells in as follows:

- Reverse lunges with kick and punch: Hold lighter dumbbells in your hands, punching forward when you would otherwise punch your fist forward. You'll have to engage your core more to stay balanced.
- Tiptoe sumo squats: Hold a heavier dumbbell with both hands and let it hang down between your legs.
- Push-ups with side plank rotation: Do the push-ups with your hands on the dumbbells, and lift them up when you rotate your torso, pointing them up to the ceiling.

	What to Do	Reps
Repeat 3-4 times	Jumping jacks	15
	Reverse lunges with kick and punch – Stand with feet together. Lunge backwards with right foot into a lunge, then reverse the motion, swinging the right leg forward into a kick while punching forward with your left hand. Complete all 15 reps, then switch to left leg.	15 each side
	Skaters (alternating sides) – Swing arms side to side for momentum, and try to make your strides as long as possible when moving feet from left to right.	15 each side
	Tiptoe sumo squats – Get into a wide squat stance, hands wherever they're comfortable. Lower into a squat, and hold at the bottom (keeping knees behind your toes). Keeping your body at the same level, roll up onto your tiptoes. Slowly lower your heels back down, then stand and repeat.	15
	15 tuck jumps	15
	Push-ups with side plank rotation – Get into high plank and perform a push-up. At the top, rotate your torso and head to face sideways, lifting one arm up towards the ceiling. Reverse the motion back to high plank. Do another push-up and rotate to the other side. Continue alternating, dropping to your knees if needed.	15 push-ups
	Burpees – Your big finish! Do these as fast as you can with good form.	15
	Rest 2-3 mins, then repeat	0
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