

Sometimes it can be difficult to find the time to get to the gym, work out after work or go for that run you've been promising yourself. Time, travel and weather can all impact on our best intentions. This 20 minute exercise program is designed to guide you through a program to complete in the convenience of your home, hotel room or local park. See - there are no acceptable excuses!

Active Warm Up

A warm up is essential before commencing your exercise program, an active warm up can help to increase blood flow to the muscles and prevent injury. Try 2 minutes of jogging on the spot or skipping – you can then progress this to 1 minute of jogging with high knees or star jumps. Your body temperature should begin to rise after your active warm up – you are now ready for a workout.

Strengthening Exercises

Do as many repetitions of each exercise as you can in 45 seconds, then rest for 15 seconds between sets (ensure you maintain safe technique). You can perform this 2-3 times and use your phone timer as your counter.

If you want to work out harder, then increase the speed, the weight, or the duration.

Bird dog

Start on your hands and knees, your spine in a neutral position, draw in your abdomen then lift your leg backwards until it is straight with your body, hold and release. Alternate legs. If able, lift alternate arms forward with your leg.



Abdominal crunches

Lay on your back, one knee bent, keep the other leg straight on the floor. Contract your abdominals and slowly raise your shoulders off the floor and hold for 8-10 second



Semi squats

Sit back and down like you are sitting into a chair that's not there. Head keeps looking straight ahead of you. Concentrate on using your leg and bottom muscles – allow your upper body to bend forward from the hips



Half lunges

Take a big step forwards, feet shoulder width apart. Keep the front knee behind the toes – lower straight down rather than forward. Keep the torso straight and abdominals in. For variety/ progression – perform walking lunges.



Plank

Lie on your stomach, place your forearm onto the ground (shoulders directly above elbows) and brace your abdominals. Lift your trunk off the floor until the body is supported on elbows and feet and hold position for 45 seconds.



Bridges

Lie on your back with your knees bent and your arms by your side. Tighten the abdominal muscles, and squeeze the buttocks. Tilt the pelvis into a "neutral" position, raise pelvis off the floor and hold position for 45 seconds, hold position.



Rows

Stand with your knees slightly bent and lean forward from your hip, keeping your back straight. Hold a low weighted object, slowly pull your arms back in a row position whilst contracting your shoulder blades. Keep your shoulders relaxed and away from your ears.



Half push-ups

Kneeling, chest-down with your hands slightly more than shoulder width apart, palms flat on a bench or floor. Try not to bend or arch your upper or lower back as you lower your body towards the floor and push up.



Advanced – perform on your hands and feet.

Warm Down Stretches

Perform each stretch 3 times and hold for 15-30 seconds. Static stretching is a convenient way to cool down after your workout. Stretching will also assist in improving flexibility, improving range of motion and preventing injury.

Hamstrings

Sit, with the right leg extended (knee slightly bent), lean forward from your hip until you feel a stretch under your thigh. Keep your back slightly arched. Switch legs.



Calf

Stand, right foot in front, place your hand on a tree/wall for balance. Bend your right knee slowly using the movement to control that amount of stretch you feel in your left upper calf. Both heels stay on the ground. Switch legs.



Quads

Lie down on your side using elbow for balance. Use other arm, slowly pull your foot towards your bottom, keeping both knees together and bent knee pointing down. Switch legs.



Inner thigh

Stand so that your legs are slightly wider than shoulder width apart. Place more pressure on your right foot by leaning in that direction until you feel the stretch on the inner side of your thigh. Repeat with the other side.



Spine: flexors

Stand with your feet hip with apart and knees slightly bent. Look up, push you hip forward and arch your back gently.



Spine: rotators

Sit on a bench and rotate your upper body around to the right. Hold your right arm on the bench behind you and hold the stretch whilst looking backwards. Repeat on the other side.



Triceps

Stand, place your right elbow in your left hand above your head. Reach your fingertips down your spine and pull your right elbow back. Keep the shoulders relaxed away from the ears. Switch sides.



Chest

Stand next to a wall/tree and place your right forearm on the side of the wall/tree at chest level, elbow bent 90 degrees. Slowly turn your body to the left and lean forward. You should feel a stretch all through your chest. Switch sides.



Disclaimer: Only choose those you feel comfortable with, work within your limits, maintain the natural curve of your spine and avoid holding your breath. If you suffer from back pain or any medical conditions, please talk to your doctor about which of the exercises are right for you.