

EAST SUSSEX - COMMANDO KRAV MAGA

Stew Smith Training Program

20 Minute Workout

The other day, I was emailed the following question: I only have about 20-30 minutes a day to exercise. What can I do in that amount of time? Not wanting to limit the answer to - just a few push-ups and sit-ups - I set out to prove how much you could do in such a little amount of time. My goal is to prove that you do not need several hours to maintain a fitness program - just minutes a day.

Though the transition time may add to the total time invested in your workout, here is a list of 20-30 minute workouts you can do in your home, office, lunch time, or local gym:

The superset is a great way to workout if you have limited time. Each cycle should take you two minutes. If you can do ten cycles of this you will total 300 push-ups and 400 crunches. Not bad for 20 minutes! No resting in between sets! You basically rest by doing crunches. The two supersets you see below are great to alternate every other day.

Push-up/Crunch superset: Repeat 10 cycles of:

regular push-up 10
crunches 10
wide push-up 10
crunches 10
triceps push-up 10
Left/Right crunches 10 / 10

Leg / AB superset:

Repeat 5 cycles of:

Squats 20
crunches - 20
Lunges 10 / leg
crunches - 20
Calf raise 20
crunches 20

Running or walking! How much running or walking can you do in 20-30 minutes? Some people can run 3-6 miles or walk 2-3 miles in that time period. Try this one if you want to run:

4 Mile Track Work

Jog - 1 mile in 7:00

Three sets of:

Sprint-1/4 mile in

Jog - 1/4 mile

Six sets of:

Sprint-1/8 mile

Jog - 1/8 mile

As you can see, you can do quite a bit in as little as 20-30 minutes. These workouts are a little advanced and you should consult your doctor before starting an exercise program, especially if you have not exercised in several years.

Workouts are taken from Stew's published books and e-books:

See <http://store.stewsmithptclub.com> or www.stewsmith.com for additional information.