
15 MINUTE EXERCISE ROUTINE

Directions: do 2-3 complete sets (what you can do in 15 minutes) 3x/week.
Alternate days with cardio (walk, swim, bike, etc.)

25-30 Jumping Jacks

10 Push Ups (on knees is fine)

pick up 5-8 lbs. dumbbells

15-20 Calf Raises

10-12 Arm Curls (1st. set)/Military Press (2nd. set)

15 squats (1st. set)/add internally rotated overhead
press (2nd set)

10-12 Tricep Extensions

20 High Knees

drop weights; floor work

10-15 side leg lifts, both sides

20 Bridges (1st set)/20 Bridges with leg lifts (2nd
set)

30 second-1 minute Plank (work up to 1-2 min.)