

## Quick Indoor Workouts: 15 Minutes & Done

If you're short of time but want a quick and effective workout in, this is the one for you.

### **You'll need**

Stopwatch or timer. The perfect timer would be a circuit training timer app that you can download on Android or Apple. Lots of sports watches have interval timers which work well too.

Set your timer to 1 minute work time and 5 seconds rest time x 15 rounds.

### **Warm Up**

Light jog on the spot, 10 x hip flexor reverse lunges, 10 x bodyweight squats, 5 x walkout to push up, 10 x alternating toe taps.

### **The Workout :**

5-10-15 – Start on the minute, every minute for 15 minutes and complete the following exercises:

5 push ups  
10 sit ups  
15 squats

Do each rep as quickly as possible with good form and rest until the end of the minute.

Repeat 15 times in 15 minutes.

### Notes & Times: