



# Workouts

By Lee Campbell

## 15 Minute Workout

If you want a little more in you work out and have someone you want to train with, this is the one for you. You can concentrate a little more on the form of your exercise and still get a great session in 15 minutes.

The key is to do a full minute (60 seconds) on each exercise.

1. Walk/jog on the spot
2. Squats
3. Skip
4. Sit ups
5. Walk/jog on the spot
6. Lunges
7. Star jumps
8. Down and ups (burpees)
9. Walk/jog on the spot
10. Push-up
11. Walk/jog on the spot
12. Dips
13. Walk/jog on the spot
14. Plank
15. Walk/jog on the spot

## 30 Minute Workout

This is a good “de-stress’ session for you, so it not about going as hard as you can, this is about taking the time to get focused again. This is what I call an out and back

The key is to breathe while stretching!

- Walk/jog for 10 minutes to an area that you can sit down and do some stretching spend the next 10 minutes doing these stretches.
- Lower back roll (lying on your back knees to chest and roll left to right).
- Seated hamstring (left leg out straight right leg bent into you left and run your hands down your left leg).
- Quad stretch (lying on your left side, grab your right ankle and move it back to your bum).
- Back and shoulder stretch (on your knees lean forward to place both your hands flat on the ground and then keeping your hands flat sit your bum down on your legs).