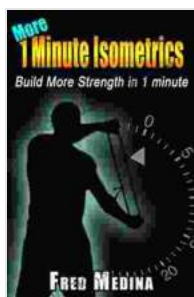


Build More Strength In Minutes With This Minute Workout

If you're short on time but still want to get a great workout in, this minute workout is perfect for you. It's a high-intensity interval training (HIIT) workout that will help you build strength and burn fat in just minutes.

The Workout

The workout is simple: you'll do 10 exercises for 30 seconds each, with 30 seconds of rest in between. You'll do 3 rounds of the circuit, for a total of 9 minutes.



More 1 Minute Isometrics: Build More Strength In 1 Minute (1 Minute Workout Series Book 7) by Fred Medina

★★★★☆ 4 out of 5

Language	: English
File size	: 1836 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 41 pages
Lending	: Enabled



Here are the exercises:

- Squats
- Push-ups

- Lunges
- Planks
- Burpees
- High knees
- Butt kicks
- Jumping jacks
- Mountain climbers
- Russian twists

How to Do the Exercises

Here are some tips on how to do the exercises properly:

- **Squats:** Stand with your feet hip-width apart, and lower your body down until your thighs are parallel to the floor. Keep your back straight and your knees aligned with your toes.
- **Push-ups:** Start in a plank position, with your hands shoulder-width apart and your body in a straight line from your head to your heels. Lower your body down until your chest is almost touching the floor, then push back up to the starting position.
- **Lunges:** Step forward with one leg and bend your knee so that your thigh is parallel to the floor. Keep your other leg straight and your back straight. Push back up to the starting position and repeat with the other leg.
- **Planks:** Start in a push-up position, with your forearms on the floor and your body in a straight line from your head to your heels. Hold this

position for as long as possible.

- **Burpees:** Start standing up. Lower down into a squat position, and then place your hands on the floor in front of you. Jump your feet back into a plank position, and then lower your body down until your chest is almost touching the floor. Push back up to the plank position, jump your feet forward, and then stand up.
- **High knees:** Run in place, bringing your knees up to your chest with each step.
- **Butt kicks:** Run in place, kicking your heels up to your butt with each step.
- **Jumping jacks:** Stand with your feet together and your arms at your sides. Jump your feet out to the sides and raise your arms overhead, then jump back to the starting position.
- **Mountain climbers:** Start in a plank position, with your hands 肩宽 apart and your body in a straight line from your head to your heels. Bring your right knee towards your chest, then return it to the starting position. Repeat with your left leg.
- **Russian twists:** Sit on the floor with your knees bent and your feet flat on the floor. Hold a weight or medicine ball in your hands, and twist your torso from side to side.

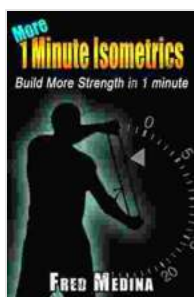
Benefits of the Workout

This minute workout has many benefits, including:

- **Builds strength:** The high-intensity exercises in this workout will help you build strength in your muscles.

- **Burns fat:** The HIIT format of this workout will help you burn fat quickly and efficiently.
- **Improves cardiovascular health:** The cardio exercises in this workout will help you improve your cardiovascular health.
- **Boosts mood:** Exercise has been shown to boost mood and reduce stress.
- **Saves time:** This workout can be done in just minutes, making it a great option for busy people.

This minute workout is a great way to build strength, burn fat, and improve your overall health. It's quick and easy to do, so there's no excuse not to give it a try!



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