

Home Exercise Workout!

Got a spare 20-30 minutes?

- Perform these simple but effective exercises at home for an all over toning, strengthening and fat burning workout guaranteed to get you to your fitness goals faster!
- Perform each exercise x 15 times
- Go straight through the whole circuit with minimal rest
- At the end give yourself a minutes rest, have a sip of water and repeat 2 more times

EXERCISE	
<p>WALL SQUAT: Target the muscles of the seat, back, abdomen and thighs. These are great for those who sit at the desk for long periods of time!</p>	 A woman with blonde hair tied back, wearing a black athletic top and shorts, is performing a wall squat. She is standing with her back against a light-colored brick wall, feet flat on the ground, and knees bent at a 90-degree angle. Her arms are extended forward, and she is looking down at her feet.
<p>LUNGES: Are the best for hitting the butt without needing to use too much weight. You will target the gluteus maximus, quadriceps and hamstrings.</p>	 A woman with blonde hair, wearing a black athletic top and shorts, is performing a lunge on a tiled patio. She is standing with her right leg forward and left leg back, both feet flat on the ground. Her hands are on her hips, and she is looking forward.
<p>PUSH-UPS: Not only great for your chest but do a tremendous job of defining your abs, triceps, shoulders and torso. Your core will also thank you for it.</p>	 A woman with blonde hair, wearing a black athletic top and shorts, is performing a push-up on a pink mat on a tiled patio. She is in a plank position with her hands on the mat, feet together, and head down. Her arms are extended, and she is looking at the ground.

HIP BRIDGE: Works core stability, lower back stability, fires up the glutes and hamstrings. Excellent exercise for improving posture.



AB CYCLES: An excellent and effective ab routine that really works the rectus abdominals and the obliques.



THE PLANK: This super exercise not only strengthens your abdominals, it also strengthens your back, shoulders, quadriceps and calf muscles.



SQUATS: Targets the butt, quads, core, calf and is the ultimate fat burner as we are targeting our biggest muscle groups! Get to it!

