

The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

PPC TRAINING TIPS – Multiple Mini Workouts Cory Barsness, CSCS

With busy schedules, many people may not have a full hour or even ½ hour to exercise. However, the excuse of not having enough time to train during the day does not apply when you incorporate multiple mini workouts throughout the day. Sparring 15 minutes 2 or 3 times a day is very possible even with the busiest of schedules.

Although longer bouts of exercise is better for endurance and cardiovascular benefits, short sessions of exercise at different times throughout the day may increase your metabolism. And, increasing your metabolism is the answer to weight loss. You may be able to exercise at a higher intensity with shorter sessions as well.

Try breaking up your current workouts or experiment with this suggested at home circuit:

5 min Warm – Up of dynamic stretches or a brisk walk to increase your heart rate
1 min of Jumping Jacks
20 push-ups (until failure)
20 Squats (Body Weight/until failure)
1 min of Mountain Climbers
20 Prone on floor opposite arm and leg raises
20 Leg Raises
1 min of Shadow Boxing
20 Windshield Wipers
20 Heel Touches
1 min of Stair Climbing (go up & down a flight of stairs)
20 push-ups
20 Squats
Repeat Circuit 3x = 20 minutes total