



www.lifestyledoc.co.za

15-MINUTE WORKOUT

► NOTES

Rest 10-15 seconds between exercises or as needed.

Adjust the duration/intensity based on your fitness level.

Perform 1-2 rounds depending on available time and energy.

This quick workout is designed to hit all major muscle groups, boost metabolism, and improve strength and endurance.

► LOW-IMPACT OPTIONS

Instead of Jumping Jacks:
Step-Out Jacks

Instead of High Knees Running:
Knee Lifts

Instead of Burpees:
Step-Back Burpees

You can modify this work-out according to your abilities and level of fitness

If push-ups and triceps dips are too strenuous, you can use resistance bands to work those muscle groups.

► IMPORTANT!

Maintain good form and body alignment when performing these exercises.

Do the exercises slowly and with good posture and control.

It is better to do fewer good-quality repetitions than more reps if you can't maintain good form.

WARM-UP

Walk fast on the spot (30 seconds)

Jumping Jacks (30 seconds)

Arm Circles while walking on the spot (30 seconds)

High Knees Running (30 seconds)



LEGS & GLUTES

Bodyweight squats / Jump squats (45 seconds)

Lunges (45 seconds per leg)



ARMS & CHEST

Push-ups (30-60 seconds)

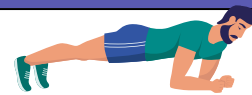
Triceps dips (30-60 seconds)



CORE

Plank (45-60 seconds)

Bicycle crunches (30-60 seconds)



FULL-BODY

Burpees (45-60 seconds)



COOL DOWN / STRETCH

Full-body fold / touch your toes (30 seconds)

Cat-cow stretch (30 seconds)

Child's pose (30 seconds)

