

20-minute workout

When you have limited time, but want maximum results from your workout, look no further than circuit training. This is a combination of cardiovascular exercise and resistance training. The key to boosting the amount of kilojoules you burn is to make sure you move quickly from one exercise to the next, with little or no rest in between. The constant change of pace and mental engagement helps you stay focused, and keeps boredom at bay.

By adding resistance exercises to your cardio routine, you build lean muscle mass, which raises your resting metabolic rate and burns more kilojoules over the course of the day, even when you're not exercising. For optimal fat busting, aim to do two to three sessions a week.

KATHLEEN ALLEAUME, Exercise scientist



WALKING-INTENSITY GUIDE

EASY PACE

A gentle stroll where you can walk and talk easily (approximately 5km per hour).

MODERATE PACE

You're slightly out of breath and can talk but not sing (approximately 6km per hour).

BRISK PACE

You're breaking a sweat and unable to hold a conversation (approximately 7km per hour)

FUN FITNESS CHALLENGE!

For how long can you hold a plank? (Modify to doing it on knees if you need to).

Australian Healthy Food Guide

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MONDAY

20 MINUTES OF CIRCUIT TRAINING

PLUS Five mins of easy walking to warm up/cool down

TUESDAY

45 MINUTES OF BRISK WALKING WITH HILLS

PLUS 10 minutes of full-body stretching

WEDNESDAY

20 MINUTES OF CIRCUIT TRAINING

PLUS Five mins of easy walking to warm up/cool down

THURSDAY

45 MINUTES OF BRISK WALKING WITH HILLS

PLUS 10 minutes of full-body stretching

FRIDAY

20 MINUTES OF CIRCUIT TRAINING

PLUS Five mins of easy walking to warm up/cool down

SATURDAY

60 MINUTES OF MODERATE-INTENSITY WALKING

PLUS 10 minutes of full-body stretching

SUNDAY

20 MINUTES OF CIRCUIT TRAINING

PLUS Five mins of easy walking to warm up/cool down

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Kathleen's 20-MINUTE CIRCUIT

WARM UP: Start with a warm up to slightly increase your heart rate, but not to the level experienced during your workout. Try a simple walk or jog on the spot for five minutes to get your muscles loosened up.

THE WORKOUT: Perform one set of 10 to 15 reps of each exercise before moving on to the next one. After completing all six exercises once, repeat the circuit again twice more to total three circuits. If you're a beginner, you may need to stop after just one set. As you get stronger, you'll likely be able to continue the circuit a second time, and eventually a third time. Don't forget to stretch afterwards to prevent your muscles from getting sore.



Hip bridges

Lie on your back with your arms straight out by your side with your palms down on the floor. Bend your knees but keep your heels on the floor, hip-width apart. Lift your hips up to form a straight line from shoulders to knees. Your legs should be almost vertical from foot to knee. Hold this position for 10 seconds, squeezing your butt muscles. Lower yourself to the ground, then repeat 10 to 15 times.

Benefits: Lower back, hamstrings and buttocks.



Mountain climbers

Begin in a push-up position (arms lined up with your chest, legs extended out). Make sure to keep your head in line with your body and your stomach muscles contracted throughout the entire range of motion. Start the movement by bringing your right knee to your chest, then back to starting position. Alternate using your left leg as you continue this movement. Repeat 10 to 15 times for each leg.

Benefits: Core strength and endurance.



Crunches

Lie flat on your back with your knees bent. Place your hands behind your head with elbows pointing outwards to support your neck. Keep your neck in a straight line with your spine. Flex your waist and contract your stomach muscles to raise the upper part of your torso from the floor (exhaling). Lower yourself until the back of your shoulders touch the floor (inhaling). Do three sets of 15 crunches, with a 15-second rest between sets.

Benefits: Abdominals.



Lunge jumps

Stand in a lunge position, with your right foot forward and hands on your hips. Jump up and switch the position of your feet in mid-air, landing in a lunge position, with your left foot forward. Keep hands on your hips for balance and support. Repeat 10 to 15 times.

Benefits: Firms, shapes, tones and increases muscular endurance of legs.



Plank

Start with your forearms, knees and toes on the floor. Keeping your torso straight, your neck relaxed and your head looking down, lift onto your toes. Making sure your body is in a straight line, hold this position for 10 seconds to start. Over time work up to 30, 45 and then 60 seconds.

Benefits: Increases core strength, posture and endurance.



Push-ups

Get into a standard push-up position on your knees (legs together, fingers forward). Move your hands closer to each other so that they are only about 6-8 inches (15-20cm) apart. Slowly lower yourself until you're about to touch the ground, then push back up to the starting position.

Benefits: Chest, triceps and shoulders.



**MODIFIED
PUSH-UP**