

No Excuses Workout

Perfect for Travel & No Gym Required

1 Round = 5 mins; 2 Rounds = 10 mins.



Push ups increase upper body strength, improve posture & work the core. They're a rock star exercise.

PUSH UP
Do 10



Squats tone legs & booty, burn fat, improve sports performance & increase mobility.

SQUAT
Do 10



Crunches tone the abs and work the entire core, making you strong & sexy!

CRUNCH
Do 10



Ladies, triceps dips strength the triceps, preventing the dreaded bat wings. Plus they're fun.

TRICEPS DIP
Do 10



Planks are a full body exercise. They target the core, increase flexibility, and improve balance & posture.

PLANK
Hold 1 minute



Simple stretching increases flexibility, increased blood circulation to the joints & reduces risk of injury.

STRETCH
For 1 minute

For a simple, everyday workout, begin with 10 push ups, squats, crunches & dips; plank for 1 minute and spend 1 minute stretching. You'll feel amazing in 5 minutes!

More time? Complete 2 or more rounds of all exercises except stretching. When done, stretch for 2-5 minutes while celebrating your awesomeness!