

## 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!