

## **Fast & Easy Workout Schedule**

(30 minutes for beginners)

### **Monday: Cardio**

**Do 30 minutes of cardio**, whether it's biking, walking, hiking, or running stairs. Try doing consecutive intervals—1 minute of walking, 1 minute of jogging, 1 minute of sprinting—to maximize your results in minimal time.

### **Tuesday: Arms**

**Bicep curls, 10 reps**  
**Triceps kick-backs, 10 reps**  
**Shoulder presses, 10 reps**  
**Repeat this circuit two more times.**

### **Wednesday: Abs and Obliques**

**Crunches, 20 reps**  
**Bicycle crunches, 20 reps**  
**Oblique crunches, 20 reps**  
**Plank, hold for 30 seconds**  
**Side plank, hold for 30 seconds on each side**

### **Thursday: Lower Body**

**Walking lunges, 10 reps on each leg**  
**Wall squat, hold for 30 seconds and build up to 1 minute as you feel more comfortable**  
**Calf raises, 30 raises with both legs, then 15 on each leg**  
**Jump squat, 10 reps**  
**Repeat this circuit two more times.**

### **Friday: Cardio**

**30 minutes of cardio of your choice** See Monday for more details.

### **Saturday and Sunday**

**Rest (consider a 20 minute walk on rest days)**