

**MizFitOnline.com** Muscles in Minutes Workout (*aka What I do at home when life is conspiring to derail me.*)

**Goals of abbreviated super-setting workout:**

- **Full body workout in shortest time possible** (easy to fit in *on the go* & do while in street clothes).
- **Perfect opportunity for shaking up routine with exercises typically skipped at gym** (Exercises using resistance bands/body-weight).
- **Stress reduction.** Yes it takes more than the two 5 min. segments of exercise we'll do today to be a leanmeanmachine, but it doesn't to lower your cortisol levels & to feel good about the fact you made yourself a priority! Much of healthy living is in our heads & how we think/feel can impact how we approach the entire rest of our day.
- **Reminding ourselves that exercise needs to be accessible.** These exercises are nothing the majority of us don't already know. We do, however, need to make time to do them even on the busiest of days. I hope through reminding you how easy it can be to fit a few minutes of strength training into your day that we *\*all\** begin to make more time for exercise/ourselves.

**Clarification:** Today's abbreviated routine does not include any cardio. I typically jump rope for a minute between super-sets. Or hula hoop. Or dance around the room. Or do jumping jacks. Anything to get the heart pumping.

**Disclaimer:**

- **These are my NOTES.** Due to time limitations during the two five minute session breaks I've decided to share them. Please consult a trainer or my free videos (<http://www.MizFitOnline.com/misfit-videos/>) for reminders/clarification on form.
- **Don't start exercise routine without consulting doctor.**
- **You are the expert of your own body.** The rest of the fitness community could agree something is a safe/beneficial exercise yet if it feels "off" to you *then it is*. These notes are not an exercise prescription.
- This is MizFit's Muscles in Minutes. What I do. Love or loathe. Agree or disagree--- you now know.

**Supersets:** (definition) Two exercises back to back with no rest in between.

**Why good for us?** Today we are focusing on the time efficient benefits.

**Different kinds:** I typically do opposing muscle groups super-sets for upper body.

**Chest:** [Pushups](#)

- No matter type I do to fatigue.
- **Wall/bent knee/full**
- **Regardless of type focus on tight core, inhale as you lower, exhale as you push upward.**
- **Straight line with body. Don't look upward at ceiling** (bent/full)
- **Need more of a challenge? Try decline** (feet on chair) Works more of upper fibers of pecs.

**Back:** [One arm row](#) (add in plank for more of challenge/to multi task & simultaneously work core)

- **Exercise band or household object works** (soup can? Detergent container? Get creative). This is a workout but also an opportunity to being to view all of your life as an opportunity for calorie burning. *An exercise in changing the lens thru which you view your world.*
- **Mind/muscle connection.** Think for a moment about the body part you are abt to work. BACK not ARMS even though hands are holding the weights.
- **Exhale as you row upward, pause, inhale & lower to stretch not to pain.** Do to fatigue. Switch sides.
- **Tight core (remember we are always working our core!).**

**Biceps:** [21s](#). Need more of a challenge? Try standing on one leg as you do exercise.

- **Cans or weights work best but exercise bands can work if you focus on not resting at bottom of movement.**
- **7/7/7 = one whole set.**
- **Loose grip with hands.** As loose as you can and not drop weights/cans/band.

**Triceps:** [Supine extension](#).

- **Cans or weights (or baby or cat?).**
- **Supine on floor.**
- **Inhale as lower, continuous movement/do not rest at bottom, exhale and re-extend**  
**\*do not lockout\***

**Shoulders:** [Lateral raises](#) (too easy? Stand on 1 leg & work your balance at same time).

- **Exercise bands, cans, weights** (even just arms can get tiring).
- **Focus on mind/muscle connection.**
- **Exhale as raise, pause briefly** (mind/muscle time!) **inhale and lower.**
- **Core tight.**

**Shoulders:** Overhead press (I sit. You may stand if you want.) works front/side delts.

- **Cans/weights**
- **Focus on tight core.**
- **Exhale as you press upward, don't lock elbows at top of movement, inhale and lower.**
- **Wrists straight.**

**Legs:** Remember this is a workout on-the-go (Im thinking street clothes) When I train at home for a traditional workout I incorporate jump squats, mountain climbers, burpees etc.

- **By way of full disclosure I rarely work legs in this sort of abbreviated routine.** If my gym workout is derailed/I'm working out in a rush legs are what I typically skip knowing that they get worked during cardio intervals.

**In a perfect world I do:**

- **Wall sits**
- **Lunges** I tend to do walking. I also tend to recommend you **do not do** if you have knee problems though many trainers just suggest smaller steps and lower till feel discomfort (!).
- **Squats** Keep it simple. Set chair behind you, lower until you almost sit, return upward. *Remember we are just trying to eek out a workout not set a world record. Mind muscle connection! Focus on quads and glutes.*
- **Step-ups** (kitchen stool? Stacked phonebooks might work though not if you're clumsy like I am.)
- **Plie squat** Feet are wider than shoulder-width apart, lower till parallel, CORE TIGHT.
- **Stiff legged dead lift** (*warnings! DizClaimers!*) Begin with no weight at all, CORE TIGHT, neutral back (not rounded or swan-dive like). Do not do if you have any back issues at all.

**Limitations for workout:**

- Can be challenge to find variety for some body parts (back)
- Some body parts are a challenge to exercise at home safely *period* (hamstrings)
- If you work in a cubicle you can't exercise legs if you're wearing a skirt (not joking as I've done many of these exercises at work when I had an office job, but only upper body.)