

Exercise Video

EXPLANATIONS

5 MINUTE BUM BLAST

A really quick workout to work that bottom that you can fit in anywhere. Do either on it's own as often as you like or tag onto another workout as a finisher.

10 MINUTE UPPER BODY BLAST

10 different upper body exercises. Working each for 50 seconds with a 10 second recovery. Get ready to enjoy those imaginary weights...it's tougher than it sounds!!

15 MINUTE UPPER BODY BLAST

15 different exercises. Working for 45 seconds with a 15 second recovery. 5 Leg exercises, 5 Upper Body and 5 core exercises.

20 MINUTE CARDIO

Just 4 exercises 40 seconds work with a 15 second recovery. 4 rounds with a 1 minute March at the end of each round.

20 MINUTE STRENGTH

5 different exercises covering legs, upper body and core. 40 seconds on with a 20 second recovery. Repeat 4 times.

25 MINUTE TABATA

This has everything. 12 different exercises in sets of 2. Working both strength and cardio and all over body too. Its faster. 20 seconds on with a 10 second recovery...get ready to sweat!

BODY ROCKER BOOTCAMP

6 different exercises...working for 30 seconds each.

Ordered on an Ascending Matrix. Designed so that when you are getting fatigued towards the end the rounds are getting shorter.

If you are not sure what I mean...then give it a go...probably the toughest workout of them all...but you won't half feel chuffed with yourself when you have done it!

ADELE ABS

My 'almost famous' Adele Abs core routine. Just over 5 minutes of a cracking Ab workout to Adeles Rolling In The Deep. Start off on your knees if you need to and take it from there. You will be chuffed the very first time you do it all without going to your knees.

Do it as often as you like when you can spare 5 minutes or Tag it onto any of your other workouts as a finisher.

A BONUS READING

How do you use your time. Do you spend it wisely and what are the consequences?

I did happen to mention my Online Learn To Nordic Walk course on this video so here is the link if you want to check it out. Its my very favourite form of exercise..and it really does work!! [LINK HERE](#)