



Find Time for Fitness (When There is No Time at All)

High Efficiency Workout Ideas - Strength and Cardio Combined

1. Pyramid Sets

Choose 3 exercises (generally 2 harder exercises, and one lighter, or “filler” exercise). Begin with 12-15 reps of each of your harder exercises, immediately followed by 2-5 reps of your filler exercise. Continue cycling through the exercises, completing one less rep of the two main exercises per set, with as little rest as possible. Keep the number of your “filler” exercises consistent throughout the pyramid.

Example Pyramid set:

- 15 Bodyweight Squats
- 15 Skater Jumps
- 3 Push-ups OR 10s Plank
- 14 Bodyweight Squats
- 14 Skater Jumps
- 3 Push-ups OR 10s Plank

Until 1 Squat/1 Skater jump/3 Push-ups OR 10s Plank

Use this as a base. This will generally take around 15 min, depending on the exercises you chose. As you progress, to make it harder or a longer workout, count back up the pyramid from 1-15 reps.

2. Full Body Circuit

Choose 4 lower body exercises and 4 upper body/core exercises. You can utilize weights, resistance bands, or just body weight. Select a time for your circuit -- Start off with 30s of work and 15s of rest. Progress to 45s of work and 10-15s of rest. Cycle through all 8 exercises, with a longer period of rest (1-2 min) at the end. Repeat circuit 2-3 times. This entire workout can be complete in 15-20 minutes.

Choose from Sample Exercises

Lower Body	Upper Body	Core
Squats	Push Ups	Plank
Reverse Lunges	Bent Over Rows	Side Plank
Step Ups	Shoulder Press	Bird Dogs/Supermans
Glute Bridges	Bicep Curls	Dead Bugs
Squat Jumps	Lateral Raises	Plank Shoulder Taps

