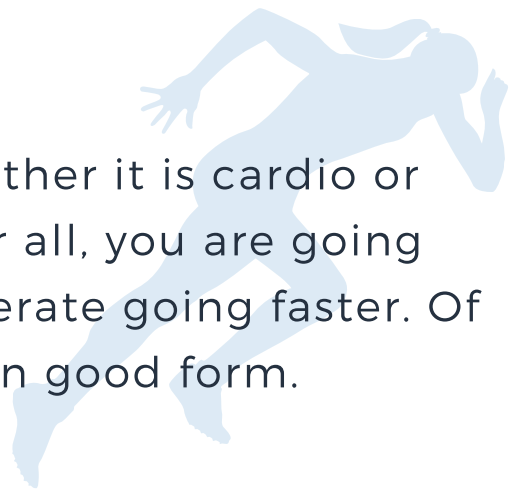
5 WAYS TO GET THE MOST OUT OF SHORT WORKOUTS

1

GO FASTER.

Pick up your pace whether it is cardio or strength training. After all, you are going shorter, so you can tolerate going faster. Of course, always maintain good form.



2

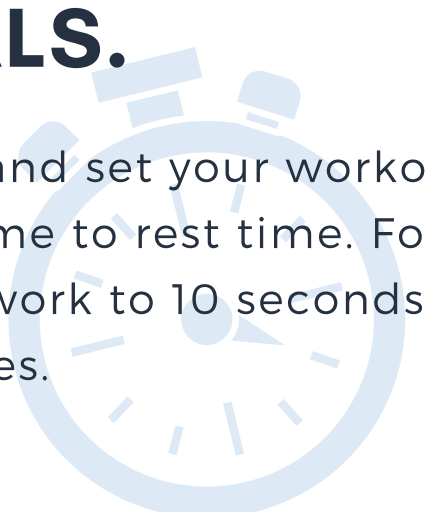
GO HEAVIER WITH FEWER REPS.

If you are used to doing 10-15 reps for strength exercises, increase your weight and only do 6-10-reps. That is a real muscle builder.

3

SET INTERVALS.

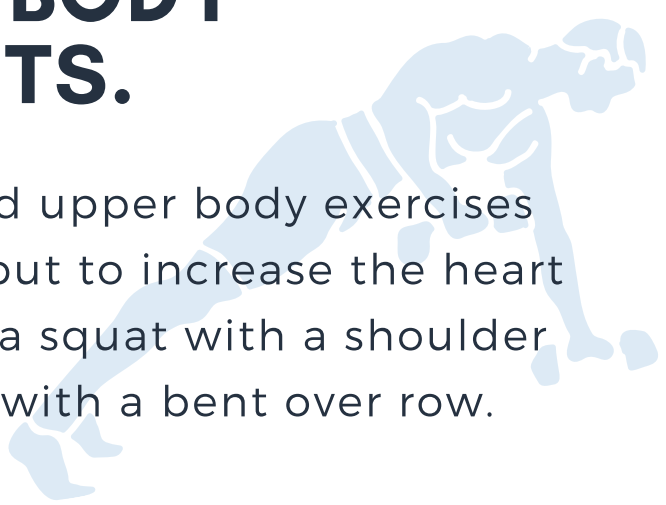
Use an interval timer and set your workouts with a ratio of work time to rest time. For example, 30 seconds work to 10 seconds rest and repeat 15 times.



4

DO TOTAL BODY MOVEMENTS.

Combine lower and upper body exercises not only for time, but to increase the heart rate. For example, a squat with a shoulder press or a deadlift with a bent over row.



5

DECREASE REST TIME.

Set a timer for whatever time you have to work out and see how many rounds you can do in that time period with less rest.