











## 20 Minutes to a better body










This is the perfect plan for people who want to exercise, but have no time. Find just 20 minutes, as many days a week as you can, and try the exercises below. You can do them in your lounge, in a park, anyway! Do 1 set of each exercise, without breaks, then repeat.

Warm-up					
Either step-ups or run up & down a set of stairs for 2 minutes					
Exercise	Pictures		Sets	Repetitions	
Squats			2	20	
Tricep dips			2	10	
1-leg bridge			2	5 each side	
Plank			2	30-60 secs Hold the plank completely still. It is easier if you do it on your knees.	



Put your health first, call Fit Space today! 1300 65 25 66  
[info@fitspacetraining.com.au](mailto:info@fitspacetraining.com.au) [www.fitspacetraining.com.au](http://www.fitspacetraining.com.au)



Either step-ups or run up & down a set of stairs for 2 minutes					
Kneeling squat				2	20
Couch push-up				2	10
	Try to do these on your toes, put your knees down if you need to.				
Twist				2	10 (slow)
	You can do this holding onto anything – a baby, a bottle of milk, a can of veges in each hand, any weight works.				
Pelvic tilt			Stick your bottom out, then tuck it under.	2	10 (slow)



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