

20-Minute, no-excuses fitness routines



Routine 1

20 body weight squats



20 lateral lunges



12-15 second plank hold



12-15 supine hip extensions
(begin double leg and build to single leg)



20-30 second side plank on each side



10-20 second single leg balance



60 second skipping (or jog on the spot)



10-20 second spine mobility twists on each side



Launching straight into complicated routines can lead to injury if you don't have the technique and basic strength to back them up. Start with these foundation exercises to build core strength and teach your body how to move properly before moving onto higher intensity interval training. They're also perfect for people who spend most of their day at a desk and struggle with posture.

Repeat the routine on the left 2 to 3 times with minimal rest between sets.

Top 5 pieces of exercise equipment

You don't need equipment to exercise, but you might just take your workout to that next level by having this affordable gear.

- 01 65cm fitball
- 02 Foam roller
- 03 Skipping rope
- 04 Resistance tubing
- 05 Medicine ball



“Exercising at home isn’t an option for some of us. There might be too many people or simply too many distractions around. So instead, follow this effective, 20-minute workout at a nearby park or football oval. Make sure there are rails around the boundaries or an empty bench.”

Routine 2

Repeat the below exercises as many times as you can for 20 minutes.

Warm up jog a lap of the oval.



200m sprint



01 **12-15** tricep dips: place arms behind you keeping them shoulder-width apart with your fingers facing forward. Lower your body until your shoulders are in line with your elbows. Push back up while maintaining a slight elbow bend.



12-15 squat jumps



15-20 push-ups



20 split stance jumping lunges



As many under-grip pull ups on a bar as you can manage.



02 **12** bench jumps on and off the bench



03 **20** prone planks in push up position, alternately rotating to each side.



For more tips from Nick Scott, search for Performance 101 on Facebook or go to australianunity.com.au/nickscottvideos for more exercise routines.