

Overview: This session will provide trainers and instructors with 3 – 20 minute no-excuse express workouts that can be done anytime, anywhere. With little to no equipment walk away with 3 different workouts that takes the guess-work out of what is possible. Fun, challenging and effective. Are you ready to take a ride on the express lane?

What’s new?

- Not having enough time to exercise is not a new excuse!
- Industry is trending towards even shorter workouts (15-30 minutes)
- Maximize exercise choices in minimum time
- Convenience is the new currency

Tips for Success

- Decide on a focus for the workout
- Mix up formats or create a stand-alone style of workout
- Be prepared – space, equipment, exercise sequence, music, timed or reps sets
- Keep the warm up and cool down quick & simple; or ease into the class with some cardio intervals
- Share with your clients/participants the goal for the 20 minute express workout

Express 1 – POWER	Express 2 – BANDS	Express 3 – WEIGHTS
Equipment: No equipment Strength: 8 exercises 60 seconds Cardio: Interval Training 30 second “add-ons” 1, 1+2, 1+2+3, 1+2+3+4, 1+2+3+4+5, 1+2+3+4+5+6	Equipment: Resistance bands Strength: 8-10 exercises, superset, 45 seconds, LB + UB x 2 = 2 minutes Cardio: Tabata: 1 set, 2 exercises, 4 minutes 1. Power jumps - toes tap together 2. Fast runs & a hold	Equipment: Dumbbells Cardio: Modified Tabata Strength 5 sets – 30/15 x 2 Cardio: 5 sets of 60 second bursts
<ul style="list-style-type: none"> • Squat – lower 3 and lift (jump) • Plank – with side steps, arms & legs • Lunge – iso-hold, leg side & lift • Side plank – hip lowers and side lift • Lunge & leap – leg raised behind, lower slowly, add an optional power lift (repeat R and L) • Scapular push ups – single or both arms down • Abs – roll down, hands at sides, leg extended & triceps lift 1. Jumping jacks 2. Side lunges 3. Power squats 4. Skaters 5. Football feet 6. Reverse jump, touch down	1. Steps – forward 4, back 4 2. Lat pull – high 2x’s, fast mid 4x’s 3. Hip hinge – band around one foot 4. Lateral press – low position 5. Single leg – press foot back 6. Biceps curl – leg extended 7. Adduction – wrap band around one foot, step on to hold, leg presses side 8. Shoulder press – single arm position 9. Abduction – legs lifted, 3 fast presses and return to start 10. High row – into a “W”	A. Squat to press – weights at sides, lower to the floor & lift over head A. Farmer’s lift – squat, lifting the weights up and over Cardio B. Single Arm Row – 2 weights, leg lift option B. Press – Overhead press, 1 arm only Cardio C. Side lunge – weights touch down C. Plank with row – weights on floor, hands narrow between the weights Cardio D. Hip hinge – single weight, touch down & hold the leg lift D. Front lateral raise – opposite knee lift Cardio E. Bridge – pull / press with weights E. Roll ups – with weights