



### 30 minutes to Burn

When you're pushed for time it's easy to find excuses not to get to the gym, and the biggest excuse is 'I don't have enough time'! Well most of us have 30 minutes to spare, whether it be in our lunch hour, or in-between dropping off the kids. And a quick workout is better than nothing at all. 30 minutes doesn't mean you have to workout in haste. Ploughing through your workout in record speed could lead to injuries, so ensuring on a sufficient warm up and cool down is essential as part of your 1/2 hour blast.

When you find you are pushed for time it should be a combination workout involving weights and cardio. Selecting exercises that target several muscle groups at one time is the way to go, and this will also stoke up the calorie burning. Some of you may think its far easier to pedal away for 30 minutes or bob up and down on the stepper, but don't forget that weight bearing exercises will increase your body's ability to burn more calories in the long run by increasing your lean muscle mass.

#### Warm Up - 6 minutes

Get the most out of your warm up as you have limited time. Elevating your core temperature can sometimes prove to be timely for some, but by doing the following in a controlled manner, moving straight from one exercise to the next, will raise your core temperature and get the muscles prepared for what's to come.

<b>Exercise</b>	<b>Technique</b>	<b>Function</b>
<b>Arm Swings</b>	Swing both your arms backwards slowly in a large circular rotating motion 10 times, then repeat going forward 10 times	Loosens shoulder muscles & joint
<b>Squats</b>	Stand with feet hip distance apart, toes pointed outwards, hands on hips. Keep your back stable and chest up slowly lower into a 90deg seated position and raise back to start. 20 repetitions	Warms up thighs and butt
<b>Side Bends</b>	Feet hip distance apart, hands by sides. Slowly lower hand down outer thigh, then return to mid point and repeat on other side. Do not bend forward or back. 10 repetitions each side	Warms up trunk area
<b>Lunge</b>	Stand tall. take a large step forward with one lowering front leg to a 90deg angle. Ensure front knee does not pass beyond toes. Push back up to start and repeat on other leg. 10 repetitions each leg.	Warms up hips, front & rear thigh



**Calf Raises** Hold onto a wall for balance if nec. Slowly raise up onto the ball of your foot and lower to start again. 20 repetitions  
 Warms up calf muscle and lower leg

**Active Stretch**

This form of stretching is ideal for a quick workout as it has a dual function. As well as stretching the muscle it also helps to develop, strength and tone because of the need to hold the body part in position without any assistance.

<b>Active Stretch</b>	<b>Description</b>	<b>Area</b>
<b>Lying Stretch</b>	Lie on your back with both legs out in front of you. Keeping back against the floor, lift one leg towards your body, bending the knee. Hold for 10 secs & repeat on other leg	<b>Hip, Lwr Back, &amp; Hamstring</b>
<b>Lying Hamstring Stretch</b>	In the same position, lift one leg off the ground as high as possible, keeping other leg pressed against the floor. Hold for 10 secs and repeat on other leg	<b>Hip, Lower Back &amp; Hamstring</b>
<b>Front Shoulder Raise</b>	Stand Tall. Lift both arms above head. Press then backward. Hold for 10 secs	<b>Shoulders</b>
<b>Rear Shoulder Raise</b>	Stand Tall. Lift both arms to rear of shoulders Push them upward. Hols for 10 secs	<b>Shoulders &amp; Upr Back</b>

**Main Session - Weights 12 minutes**

**New to Exercise** - Complete the weights circuit once, taking 0-15 secs rest between each exercise. The last few reps must be with difficulty, if not, increase the poundage slightly.

**Experienced**- Complete one light set, followed by one heavy set on each exercise listed

<b>Exercise</b>	<b>Reps / weights (New to exercise)</b>	<b>Reps / Weights (Experienced)</b>
<b>Bench Press</b>	1 set - 15 reps Light weight	1 set - 15 reps Light Weight 1 set - 6 reps Heavy Weight
<b>Leg Press</b>	1 set - 15 reps Light Weight	1 set - 15 reps Light Weight 1 set - 6 reps Heavy Weight
<b>Front Pull Down</b>	1 set - 15 reps Light Weight	1 set - 15 reps Light Weight 1 set - 6 reps Heavy Weight
<b>Crunches</b>	2 sets - 10 reps	2 sets - 20 reps 10 secs between sets



<b>Shoulder Press</b>	1 set - 15 reps Light Weight	1 set - 15 reps Light Weight 1 set - 6 reps Heavy Weight
<b>Leg Curl</b>	1 set - 15 reps Light Weight	////////////////////////////////////
<b>Leg Extension</b>	1 set - 15 reps Light Weight	////////////////////////////////////
<b>Calf Raise</b>	1 set - 20 reps Light Weight	////////////////////////////////////
<b>Squats</b>	////////////////////////////////////	1 set - 15 reps Light Weight 1 set - 6 reps Heavy Weight

**\* The idea is to keep the core temperature and heart rate elevated by moving from one exercise to the next as quickly as possible, with minimal rest.**

**CV Section - 12 minutes**

The cardio section is based on interval training which is great for developing fitness and all over body tone. Rowing is fantastic for interval training but the same can be incorporated onto any piece of equipment, such as stepper, treadmill and stationary cycle. 20 seconds of an easy pace followed by 20 seconds of harder pace. You can increase the time scale of each as you see fit.

**Rowing**

**New to Exercise -** easy row @ 20 SPM  
harder row @ 26 SPM

**Experienced -** easy row @ 24 SPM  
harder row @ 32 SPM

Repeat this for 11 minutes and then use the final minute to cool down and lower heart rate by rowing on 20 SPM

- **SPM = Strokes per minute which is found on the displays of most modern rowing machines**

**Treatments on the Genie Complete machine can also be completed within 20-30 minutes offering toning, slimming and detox treatments to get you in shape in no time!**