

How to Exercise From Home in 30 Minutes or Less



By: Michael Cordon

Table of Contents

How to Perform Strength Training in 30 Minutes or Less	5
Strength Training Workout Chart	7
Home Workout Using Bodyweight Exercises	8
Home Workout Using Dumbbells	12
Cardiovascular Exercises	14
Cardiovascular Workout Charts	17
Abdominal Exercises	19

Copyright © 2006, **MakeYourBodyLean.com**. All rights reserved.
Contact the publisher at:

URL: <http://www.MakeYourBodyLean.com>

Email: mike@MakeYourBodyLean.com

No responsibility is assumed by the author/publisher for any injury and/or damage and/or loss sustained to persons or property as a matter of the use of this product's liability, negligence or otherwise, or from any use of operation of any products, methods, instructions or ideas contained in the material herein.

The statements contained in this eBook have not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. [MakeYourBodyLean.com](http://www.MakeYourBodyLean.com) encourages the reader to consult his/her physician before beginning a fitness and/or exercise program.

All rights reserved. No part of this eBook may be reproduced, stored in a retrieval system or transmitted in any form or by any means electronic, mechanical, photocopying, recording, or otherwise without express written permission of [MakeYourBodyLean.com](http://www.MakeYourBodyLean.com).

Customized training programs can be created for you personally by contacting me directly at mike@makeyourbodylean.com

You may also go to www.MakeYourBodyLean.com/ebook for more information on how to add exercise, nutrition and supplementation together as part of a lifestyle program to become healthy, fit and L.E.A.N.

About the Author

Michael Cordon



Mike's goal is to make a difference in your life by giving you the tools to move you to action and support you through this process of improving your health and fitness.

Mike brings many skills to the fitness improvement process from nearly 12 years of experience training athletes, housewives, and busy professionals. He holds four personal training certifications and a degree from the American College of Holistic Nutrition.

His knowledge of exercise, nutrition, motivation, supplementation and learning styles translates into sound and effective principles to help make improving health and fitness a rewarding experience for anyone.

Mike has experienced the excitement of seeing people successfully accomplish their fitness goals and the thrill that comes into their lives as they enjoy their "new" body. This is a very rewarding process and there is nothing quite like it.

Mike lives in Farmington, Utah with his wife Lisa and their five children. He enjoys skiing, snowmobiling, hiking, cycling, traveling, studying successful leaders and going on family walks.

How to Perform Strength Training in 30 Minutes or Less and Get Better Strength Gains than Traditional Lifting

The research has clearly demonstrated that you can get up to 59% better strength gains using the technique of High Intensity Training (H.I.T.) This goes beyond the standard sets and reps programs and targets fitness from a scientific approach.

The basics of H.I.T. are based on stress, recovery and adaptation. Each exercise is done in a slow controlled cadence with an emphasis on maintaining the muscular contraction throughout a limited range of motion. The goal is to take the targeted muscle(s) to the point where they can no longer contract and are at momentary muscle failure.

To deal with this stress, our bodies make adaptations such as increased muscle strength, increased blood flow and mobilizing fatty acids to aid in the recovery process. So, to maximize the results your body should be given plenty of recovery time, which means less time is spent exercising. Essentially you will be burning fat and adding muscle while going about your daily routine.

The problem with many exercise programs is that they're too low of intensity to build muscle strength. The best way to accomplish this is with high-intensity exercise. The body responds to this by growing stronger. Then the more strength you have, the more calories your muscles need which means the metabolism is being raised. The body will now require more energy 24 hours a day to maintain the increased muscle, even during sleep.

High Intensity Training is ideal for men and women and accommodates all fitness levels from beginners to advanced lifters. The 30-minute H.I.T. sessions are designed for one to two times a week and use general exercises for full body workouts. Each session should be hard, brief and challenging. It can be done using almost any type of strength training equipment: Barbells, dumbbells or your own bodyweight.

There are three major advantages that H.I.T. has over traditional, faster styles of training.

1. It supplies more thorough muscle-fiber involvement. When you move slowly during a repetition, you significantly reduce the momentum that normally occurs. As a result you activate parts of the muscle that are not usually brought into play.
2. It is safer. Since you are now lifting the weight in a smooth, controlled fashion, there are no quick jerks and drops. The force on the muscle remains steady and much safer.
3. As mentioned before, it produces better strength-building results and is ideal for busy men and women who want results without having to spend unnecessary amounts of time.

H.I.T. training utilizes many different kinds of cadences, but a standard to start with is to lift the weight in 5 seconds and lower it to the beginning position in 5 seconds. The following are other points to consider:

- When beginning an exercise, try to barely start to move the resistance.
- Proceed slowly and smoothly once you start moving.
- Continue to move through the range of motion, arriving at the top by the 5-second mark. (It's ok to take longer, but avoid going any faster than 5 seconds.)
- Pause slightly at the top or extended position.
- Then ease out of it gradually and slowly return to the starting position in 5 seconds.
- If using a machine, feel the weight stack barely touch, but do not stop or rest. Instead, barely begin moving in the upward position again.
- Try to keep the movement at a near constant speed without stopping to heave it.
- Keep the lifting slow and steady.
- Perform each exercise to momentary muscle failure, which means another repetition cannot be performed in good form.
- Select a resistance that will allow you to work for about 30-120 seconds (or complete about 8-12 repetitions) before reaching momentary muscle failure. When you can reach the 2-minute mark using good form, then that is the signal to increase the resistance for the next workout by about 5 percent.

WORKOUT CHART



NAME _____

INJURIES / PRECAUTIONS

BEGINNING GOAL / VISION

[illegible]

Home Workout Using Bodyweight Exercises

This workout should take less than 30 minutes. Each exercise should last between 30 – 120 seconds.

- Do 1-2 sets for each exercise
- Take each exercise to momentary muscle failure
- Pay attention to relaxing your face, neck and hand muscles
- Breathe constantly and avoid holding your breath
- Rest between exercises should be 45-60 seconds
- Remember to lift slow and smooth
 - 5 seconds to go up
 - 5 seconds to go down

Squats

1. Start by placing feet shoulder width apart and holding your arms out in front of you.
2. Proceed to squat down like you are going to sit in a chair. Your upper body will lean forward slightly and your hips will shift backwards while going down.
3. Remember to keep your knees from going out in front of your toes while squatting.
4. Repeat according to your required repetitions. If you want to make the exercise more challenging hold your arms at your sides or behind your head.



Wall Sit

1. Proceed into a squatted position so that your thighs are parallel to the ground.
2. Hold this position for the required number of seconds.
3. Remember to keep your feet flat on the floor.



Single Leg Kickbacks

1. Start in a four-point position with your hands and knees on the ground.
2. Proceed to kick your leg back and up until you reach full extension.
3. Squeeze your glute muscles while performing this movement.
4. Repeat with the other leg.
5. For a more advanced movement you can attach an ankle weight around your leg.





Standing Calf Raise

1. Start by placing your heels off the edge of a step or ledge.
2. Hold onto something if you need balance.
3. Relax and let your heels drop towards the floor until a stretch is felt in your calves.
4. Push upward until on the toes.

Pushups

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor.
3. Start position: Extend the elbows and raise the body off the floor. You can also do this exercise from your knees instead of the toes.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.



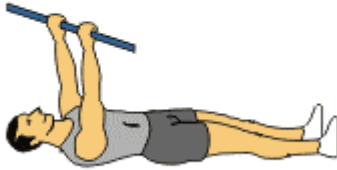
Wall Pushups

1. Start by placing your hands on the wall at shoulder level with your feet approximately 2 feet away from the wall.
2. Bend your elbows so that your chest gets closer to the wall.
3. Once your elbows are bent to about 90 degrees then press back out to the starting position.
4. Repeat according to the required repetitions.

Chin-ups

1. Position hands shoulder width to slightly narrower than shoulder width apart with underhand grip (palms facing towards body).
2. Start position: Hang with arms fully extended and elbows forward. Feet may be crossed with knees bent.
3. Pull body up until bar is below chin level.
4. Return to start position.
5. Remember to keep the movement controlled with the body stable to minimize momentum and body sway.





Modified Pull-up

- 1) Adjust bar at waist height on power rack. Lie on back and position body under bar so that bar is directly over chest region.
- 2) Start position: Grasp bar with overhand grip (palms facing forward) and shoulder width apart. Elbows should be facing forward with the backside of body off the floor. Only the heels are together in contact with ground.
- 3) Pull body up towards bar until bar touches chest.
- 4) Return to start position.

Diamond Pushups

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands in the center of your chest and form a diamond shape with your index fingers and thumbs. Feet should be at hip width with toes on floor.
3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.



Bench Dip

- 1) Sit upright on bench and place hands hip width apart with fingers pointing forward. Place feet flat on opposite bench with legs straight.
- 2) Start position: Slide glutes off bench with elbows slightly bent.
- 3) Lower body by bending at elbows until elbows are at 90 degree angle.
- 4) Return to start position.



Crunch

1. Start position: Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
 2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.
 3. Return to start position.
- Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.





Sit-up Hold

1. Start position: Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Now hold for prescribed number of seconds.
3. Return to start position.
4. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Seated Toe Touch Stretch

1. Sit with your upper body upright and your legs straight out in front of you.
2. Lean forward from the waist and grab your feet.
3. Hold for prescribed time and then repeat.

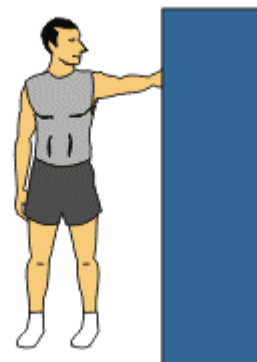


Standing Quad Stretch

1. Standing with a shoulder width stance and hang onto an object for support.
2. Bring one foot up and grab with your hand.
3. Pull your foot up until you feel a stretch on the front of your thigh.
4. Hold for the prescribed time and repeat with the other leg.

Chest Stretch

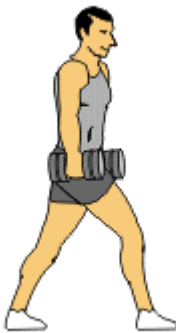
Place an outstretched arm against a wall or doorway and lean forward with that shoulder. You should feel a stretch in your chest when you lean forward. Hold for the recommended number of seconds. Repeat with the other arm.



Home Workout Using Dumbbell's

Dumbbell Squats

1. Start by holding a dumbbell in each hand between your legs. You may also hold just one dumbbell with two hands as well.
2. Your feet should be wider than shoulder width and your toes pointed slightly outward.
3. Proceed to squat down until the dumbbells almost touch the floor.
4. Your hips should drop back and down while your knees stay directly above your feet.
5. Repeat for the required number of repetitions.



Split Squat with dumbbells

1. Start by holding dumbbells at your side and standing in a split leg position.
2. Slowly lower yourself to the ground by bending your front knee and dropping your back knee to the ground.
3. Once you reach the bottom extend your legs and stand back up.
4. Repeat for the prescribed repetitions and then repeat with the other leg.

Dumbbell Lateral Raise

1. Stand with feet shoulder width apart or sit on bench in upright position.
2. Start position: Grasp DB's with an underhand grip (palms facing forward). Arms should hang down at sides with elbows slightly bent.
3. Raise DB's to side of body at shoulder height. Keep elbows only slightly bent with thumbs pointing up throughout movement. Return to start position.





Seated Dumbbell Tricep Overhead Extension

1. Sit in upright position.
2. Start position: Grasp DB and place palms on inner side of weight plate as shown. Press DB directly overhead (now palms are up).
3. Stabilize shoulders and lower weight moving only at the elbow joint until forearm is parallel to floor. Keep elbows pointing forward throughout the movement.
4. Return to start position.
5. Remember to keep back and head straight - hyperextension or flexion may cause injury.

Dumbbell Curl (both arms)

1. Stand with feet shoulder width apart and knees slightly bent or sit in upright position.
2. Start position: Grasp DB's with underhand grip (palms facing forward) and allow arms to hang down at sides. Elbows should be close to sides.
3. Flex at the elbows and curl DB's up to approximately shoulder level. Keep elbows close to sides throughout movement. This exercise may be done one arm at a time.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position throughout movement. Squeezing shoulder blades together slightly should stabilize shoulders - only the elbow joint should be moving.



Cardiovascular Exercises

The following exercises are commonly performed. The guidelines for doing them are at the end of this list.



Recumbent Bike

Sit in the seat and adjust the seat so that your knee is slightly bent when the pedal is in the farthest position.

Adjust the resistance so that it is challenging yet allows you to keep good technique.



Treadmill

Start by placing the speed at a comfortable walk. If you want increase the speed until you are into a jog or run. You can also place the treadmill on an incline to increase the difficulty.



Stationary Bike

Starting Position: Adjust the seat so that your legs have just a slight knee bend when your foot is at the bottom position. Increase the resistance until you are challenged yet can keep good cycling form.



Stair Climber

Place your feet on the steps and adjust the resistance so that you are climbing at a fairly quick pace. Continue to climb but do not lean on the arms or support yourself with your arms.



Elliptical

Place your feet on the footplates and grab the arm handles. Set your resistance so that it is challenging and start the elliptical motion by pulling machine arm with one arm and push the other machine arm. Pick a pace that will elevate your heart rate yet let you stay on the machine for a while.

Running / Walking



Cycling

Cardiovascular (also known as aerobic exercise) is by far the most common form of exercise. Important benefits of this type of exercise are the improvements to the heart, lungs and circulatory systems.

Another important aspect is that it burns calories while you do it, which helps in reducing body fat. However, after cardiovascular exercise, your metabolism returns to a resting level within about 40 minutes. This is why you'll want to make sure to include one of the strength training workouts in your exercise program. This will increase your metabolism while you exercise as well increase your resting metabolism.

The problem is that if you exercise for too long or too frequently, you run the risk of burning muscle as well as calories. As you lose muscle, you also lower your body's ability to burn calories consistently.

The primary way you can progress at doing cardiovascular exercise is to increase the time you spend doing it. My purpose in helping you build a health program is to allow you to make progress without spending any more time than needed.

Cardiovascular exercise does not build or strengthen muscles and so it shouldn't be the staple of your exercise program, but it can help your body become a better fat metabolizer when following these guidelines:

- Pick a few cardiovascular activities that you enjoy. It's beneficial for you to cross-train which means frequently switching the kinds of exercises that you do
- Perform cardiovascular exercises for 20-30 minutes, 3-5 times a week.
- It is ideal to do cardiovascular exercises on days you're not doing strength training.
- If you do happen to perform both types of exercise, it is best to perform strength training before doing cardiovascular exercise.

The following charts are for a 28-minute high intensity workout followed by a 28-minute medium intensity workout. These workouts can be done using any of the cardiovascular exercises described previously.

[illegible]

Abdominal Exercises

A general rule with abdominal exercises is to keep your chest out, shoulders back and chin up. Also keep your lower back pressed to the floor. And don't pull on your neck! Hold each rep for 3 seconds and lower in 3 seconds. Keep them slow, controlled and focused!

Crunch



1. Start position: Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between the chin and chest.
 2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off the floor.
 3. Return to starting position.
- Remember to keep head and back in a neutral position.

Leg Raise

1. Start by lying on your back and a slight bend in your knees.
2. Raise your legs to a perpendicular position to the floor. This is your starting position.
3. Slowly lower your legs until you are no longer able to keep your abs tight and your low back on the floor.
4. Raise your legs back up to the starting position and repeat.
5. Only lower your legs as far as your abs have enough strength for.



Oblique Crunch



1. Start by placing your left foot over your right knee and place your hands behind your head.
2. Lift your shoulders up off the ground and twist so that your right elbow tries to touch your left knee.
3. Return to the starting position and repeat according to the required repetitions.
4. Repeat with the other side.

Air Bike Crunches

1. Start by lying on your back with your hands behind your back and thighs bent 90 degrees at your hip.
2. Simultaneously curl your right shoulder and left knee up towards the center of your body until your elbow and knee touch. Return to the starting position and repeat with the other side.
3. Continuously repeat this pattern for the prescribed repetitions.

