

best health

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Get fit in 60 minutes

Planned to work out today but can't get to the gym? **Manhattan-based exercise physiologist and fitness trainer Franci Cohen** created a 60-minute workout routine you can do at home. It combines aerobic and strength training that Cohen says will not only improve cardio endurance, but it will also deliver more oxygen to the muscles and release lots of happy-hormone endorphins.

And you'll get the best cardio bang for your buck. "During typical cardio exercise, your body taps mainly fat for fuel," says Cohen. "For every 100 calories you burn during your workout, you can expect to burn 15 calories after." She calls this "the best workout to do within 60 minutes."

Warm your muscles up by marching in place for 60 seconds, then running on the spot 60 seconds. After that, run on the spot with 20 seconds of high knees, 20 seconds with legs wide and 20 seconds of butt kickers. Then do side jacks for 30 seconds, lunges with alternate arm raises for 30 seconds. Now you're ready for the circuit.

Do each exercise for 50 seconds with 10 seconds of rest before moving on to the next move. Rest for one minute and do this circuit three times.

- Single-leg squats
- Box-incline push-ups
- Crunches
- Backward lunges
- Alternating Supermans
- Box dips
- Single-leg bridges
- Plank
- Burpees
- Bicycle crunches

Only have 45 minutes?

According to Kelly Musovic, senior personal training regional manager for GoodLife Fitness, three quarters of an hour gives you enough time to do a proper warm-up and cool-down and also gives you the time to focus on form. So if you're worried about injuries, this is the perfect amount of time to exercise. And it can help with muscle recovery, too, she adds. "Having adequate time to complete your rest between sets also allows for proper muscle recovery to maximize results," says Musovic. "A 45 minute workout allows you to concentrate on form and technique, as repetition is often a key element of the program. This helps with injury prevention."

Do a 10-minute warm-up with a brisk walk or light jog on a treadmill. “You should be short of breath, but still be able to speak in short sentences.”

Do each move according to the sets and reps prescribed and rest one minute between each set.

- Squats, 3 sets 10 reps
- Dumbbell chest presses, 3 sets 12 reps
- One-arm rows, 3 sets 12 reps for each arm.

Get your cardio in with this workout with a five-minute high-intensity interval-training program.

- Sprinting, rowing or cycling for 30 seconds at 80 to 90 percent of your maximum capacity, then rest for 30 seconds. Repeat five times.

Cool down with 10 minutes of stretching or foam rolling to prevent tight muscles. “You should be able to breathe easily and carry a conversation,” advises Musovic.

Short on time? We've got quick workouts you can do in 30 minutes or less!

Read more at <http://www.besthealthmag.ca/best-you/workout-routines/body-weight-workouts-you-can-do-at-home#7PqEWTUtuLkE5uv7.99>