

## 15 Minute Push Yourself Challenge Workout

How much can you do in 15 minutes? This workout will keep you motivated. No matter what level of fitness you are: beginner or advanced. There is always a space for improvement.

Instructions:

I recommend to start with Warm-up exercises before you go to this workout in order to raise your heart rate, prepare your muscles and joints for the exercises to follow and prevent injury. Or you can just jog in place for 3-5 minutes to warm –up.

This workout consists of a few rounds of different exercises. The first round you will do 30 repetitions of each exercise. The second round you will do 20 repetitions of each exercise. And if you got enough time for bonus round -10 repetitions of each exercise. Try not to take any break between exercises or rounds. Just set your timer for 15 minutes and try to finish as many rounds as possible.

If you are a beginner, you will just do your repetitions slower and might only complete 1 round. If you are a super hero, and finished all rounds, you can add another round of 10 to see if you can squeeze it in. Or for a longer workout make 4 rounds starting the number of repetitions with 40 (first page of exercises), then 30, then 20, then 10.

Don't forget to stretch to kick start recovery, maximize results and help prevent injury.

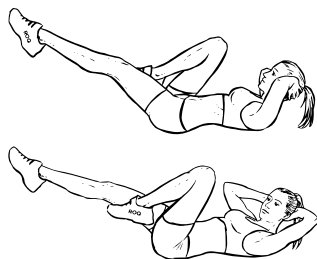
Exercises in this workout:

| Round of 30                      | Round of 20                                       | Round of 10                    |
|----------------------------------|---------------------------------------------------|--------------------------------|
| • <u>Bicycle crunches</u>        | • <u>Reverse Crunches</u>                         | • <u>Elbow to hand plank</u>   |
| • <u>Bicepcurl</u>               | • <u>Shoulder Press</u>                           | • <u>Up Row</u>                |
| • <u>Hamstring roll</u>          | • <u>Knee In Roll</u>                             | • <u>Roll out</u>              |
| • <u>Seal jacks/Push up hold</u> | • <u>Mountain Climbers / Alternating Knee ins</u> | • <u>Plank Rows</u>            |
| • <u>Lounge Plyo</u>             | • <u>Bodyweight Walking Lunge</u>                 | • <u>Lounge Plyo</u>           |
| • <u>Push up</u>                 | • <u>Diamond Push up</u>                          | • <u>Wide Push up</u>          |
| • <u>Squat</u>                   | • <u>High Knees</u>                               | • <u>Squat Jump</u>            |
| • <u>Tricep Dips</u>             | • <u>Tricep Dips with 1 leg in the air</u>        | • <u>Tricep Dips hold over</u> |
| • <u>A Jump</u>                  | • <u>A Jump</u>                                   | • <u>A Jump</u>                |
| • <u>Jump Rope x 150</u>         | • <u>Jump Rope x 100</u>                          | • <u>Jump Rope x 50</u>        |

# 15 Minute Push Yourself Challenge Workout

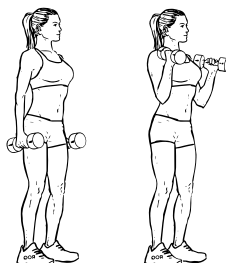
Abs, Arms, Back, Chest, Legs, Shoulders

Bicycles / Elbow-to-Knee Crunches /  
Cross-body Crunches



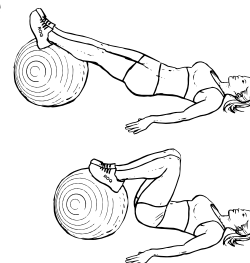
30 reps

Standing Dumbbell Bicep Curls



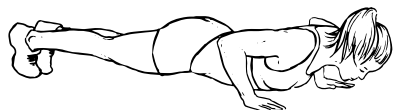
30 reps

Stability / Swiss / Exercise Ball  
Hamstring Leg Curl / Hip Raise /  
Bridge



30 reps

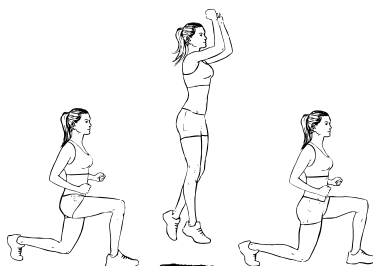
Static Push-up / Pushup Hold



30 reps

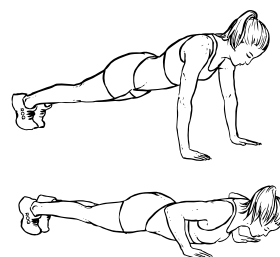
Jack while holding push up

Explosive Jumping Alternating  
Lunges



30 reps

Push-ups / Pushups



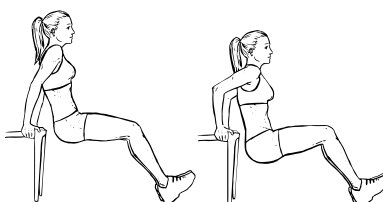
30 reps

Bodyweight Squats



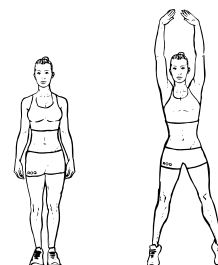
30 reps

Chair / Bench Tricep Dips



30 reps

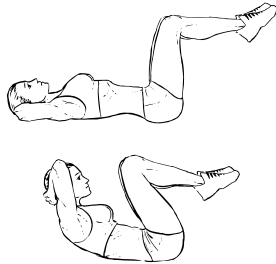
Jumping Jacks / Star Jumps



30 reps

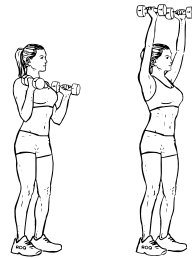
Do 150 jump rope after this round

### Double Crunches



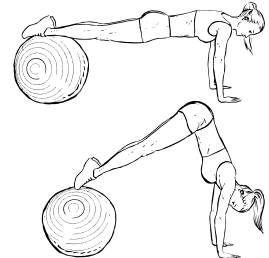
20 reps

### Standing Dumbbell Overhead Shoulder Press



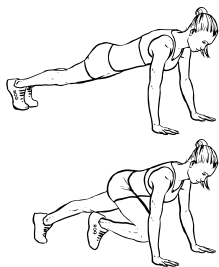
20 reps

### Stability / Swiss / Exercise Ball Ab Pike Press



20 reps

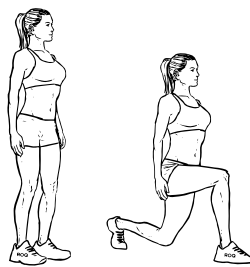
### Mountain Climbers / Alternating Knee-ins



20 reps

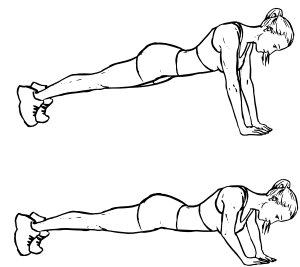
R+L=1

### Bodyweight Walking Lunges



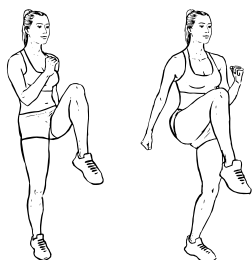
20 reps

### Diamond / Pyramid / Triceps Push-ups / Pushups



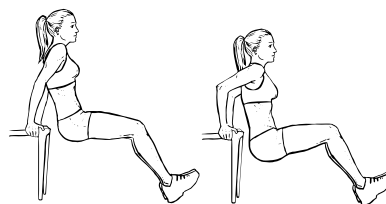
20 reps

### High Knees / Front Knee Lifts / Run / Jog on the Spot



20 reps

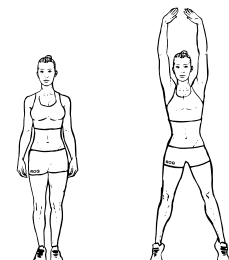
### Chair / Bench Tricep Dips



20 reps

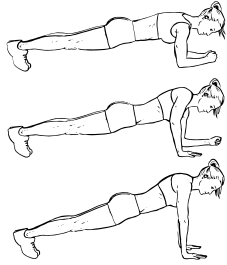
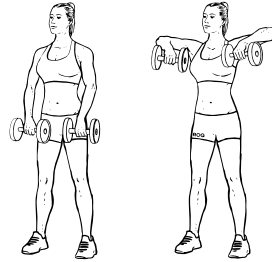
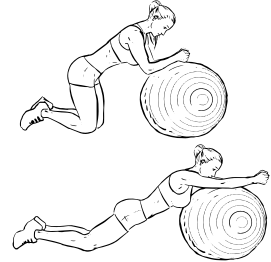
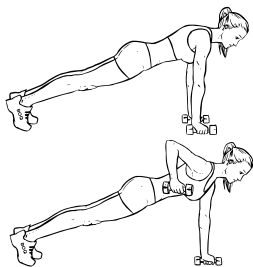
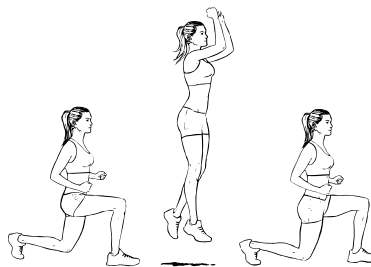
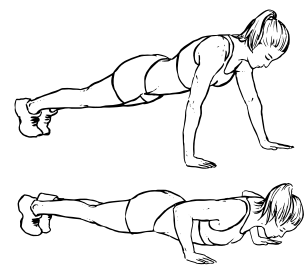
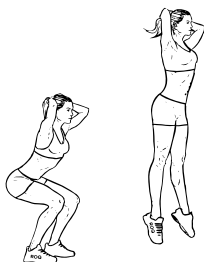
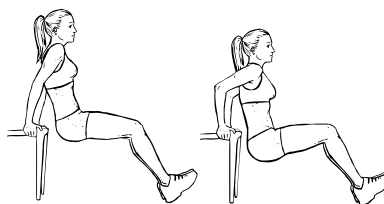
Hold 1 leg in the air

### Jumping Jacks / Star Jumps

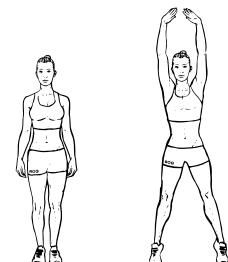


20 reps

Do 100 jump rope after this round

**Plank to Push-Up / Pushups /  
Walking Plank Up-Downs**

**10 reps**
**Upright Dumbbell Rows**

**10 reps**
**Stability / Swiss / Exercise Ball  
Rollout**

**10 reps**
**Renegade / Alternating Plank /  
Commando Rows**

**10 reps**
**Explosive Jumping Alternating  
Lunges**

**10 reps**
**Wide Push-ups / Pushups**

**10 reps**
**Jump Squats**

**10 reps**
**Chair / Bench Tricep Dips**

**10 reps**

or hover over the bench for 10 seconds

**Jumping Jacks / Star Jumps**

**10 reps**

Do 50 jump rope after this round