



# THE 16 MINUTE WORKOUT

## FEEL BETTER IN A FEW MINUTES A DAY

### Introduction

The 16 Minute Workout is a revolutionary new fitness program that helps you lose inches, weight and increase fitness with short workouts. The 16 Minute Workout involves four minutes of short burst cardio training to get your heart pumping, four minutes of core strengthening, four minutes of muscle strengthening, and four minutes of stretching. Do it three times a week or more but studies show this gives you significant health improvements in a minimum amount of time. You can do more if you have time, but this is designed to be optimum for busy people.

Many people say they don't have time to work out, but the 16 Minute Workout provides an efficient way to get in better shape. If you don't have 16 minutes, as little as 36 seconds of intense cardio exercise, six-second bursts biking, can be productive, [one study showed](#).

### **Check with Your Doctor First, So You Don't Have to Call Your Lawyer Later**

Make sure exercise is safe for you by checking with your doctor before you start.

### The Benefits

There are many benefits to the 16 Minute Workout or any sustained exercise program. According to the Harvard Medical School:

**“Exercise has the power to keep you from developing high blood pressure, diabetes, stroke, and some forms of cancer. In fact, exercise can lower your risk of heart disease as effectively as medications! It can also help ease arthritis pain, sharpen your memory, trim your waistline, and preserve your independence.”**

### First, Get your Heart Working

**Warm up walking on a hill, treadmill, stairs, elliptical, bike for 30 seconds to a minute.** You can do this in your living room with jumping jacks, jumping rope, or squats from a chair or a couch. The goal is to get your heart pumping.

Do your favorite exercise that prepares you for what you like to do like walking, biking, running, basketball, or skiing. What matters most is getting your heartrate to at least 20 beats in 10 seconds or 120 beats a minute or more.



## **Second, Strengthen your Core Muscles**

After you get your heart rate up, go to core work with planks, either on your hands and feet for five breaths. I do the plank for at least 5-10 deep breaths then alternate to side planks, 5 breathes on each side. If this it too hard, it's ok to start on your knees.



## **Third, Strengthen your Muscles**

After the cardio and core workout, work on strength. From plank position, go down to the floor slowly in a let down, or reverse push up. Then push back to downward dog for 5 breaths. And repeat to fatigue.

At the gym, I use dumb bells and machines to work key muscles going as hard as I can with minimal rest. Focus on the area and muscles you want to improve. I work on my pecs, lats, quads, and triceps, depending on whether I am training for skiing, triathlons, or other sports. If you don't have weights, do a push up or let down slowly to strengthen your muscles and core, then do up bends and downward dog for five breaths each until you are tired.

## **Fourth, Stretch Your Body, Relax Your Mind**

Next, stretch for four minutes. I focus on breathing and stretching my tightest muscles. I try to do 5 deep breathes in each stretch depending on how much time I have. I do this continually with no stops.

You can do the entire 12 minutes of core, strength and stretching with a yoga or a Pilates routine in your living room, outdoors, or use weights and machines at a gym. For yoga positions, I do upward and downward dog, Sun Salutation A and B, triangle stretches and reverse triangle. A full yoga practice a couple of times a week is great too. There are many yoga styles, a flow style gives you a good workout. Check out your local gym or studio for a weight, stretching, Pilates, or yoga classes for technique tips or consult a fitness professional. The whole workout takes 16 minutes total.



Do this at least 3 times a week. Let me know how it works for you. For a custom assessment, workout plan and coaching, contact me at [bretthulsey1@gmail.com](mailto:bretthulsey1@gmail.com) or call 608-334-4994. Enjoy.

*Brett*

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