

# 40-30-20-10

## TIME MANAGEMENT & FITNESS

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### DO YOU HAVE 40 MINUTES?

We all know time management is important for everyday life. But what can you do when you have a time crunch that you need to meet?

#### **40 Minute Workout:**

Stretching - 5 mins at least  
15 minute jog, run, bike ride, swim.

15 minute stretching afterwards

5 minute cool down walk

### WHAT ABOUT 30 MINUTES?

Here's a fast-paced, upbeat workout that will leave you sweaty, energized, and ready to tackle the day!

#### **Workout structure: 2-3 rounds for time!**

- 25 Jumping Jacks
- 15 Jump Squats
- 9 Burpees
- 12 Lunges (6 each leg)
- 15 Push-ups
- 25 more Jumping Jacks

Complete multiple rounds of this workout to make yourself feel great!



## WHAT IF YOU HAVE 20 MINUTES?

There are multiple ways to fit a workout in with only 20 minutes.

- 20 minutes of yoga
- 5 minute stretching and 15 minute run

Or try this workout! (Aim for 3 Rounds)

- 15 High knees
- 10 Sit-ups
- 20 Russian Twists
- 5 Push-ups
- 5 Jumping Squats

Now 20 minutes feels worth it!



## BUT YOU CAN'T DO 10 MINUTES. CAN YOU?

Of course you can do 10 minutes. Exercise can be done anywhere, any time. No amount is NOT worth it.

10 minutes can be used for any aerobic activity, but high intensity activities should be prioritized. This guarantees more out of the workout!

Try this circuit:

- 20 High Knees
- 2 40m Sprints
- 30 Jumping Jacks
- 30 Burpees

This workout will leave you winded and increase your heart rate, using your 10 minutes wisely!