

Mark's Corner



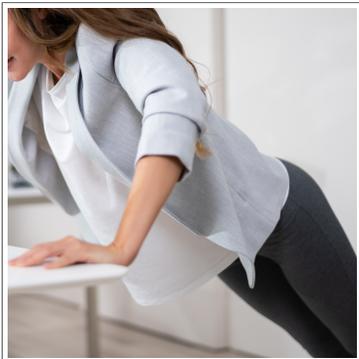
Micro Workouts - The New Fitness Trend

You might think that with more people working at home, having the time to extend a workout would be most popular but according to fitness experts more people today want to get in a quick workout but doing so as fast and efficiently as possible.

More and more trainers and exercise science specialists are shifting toward the concept of short and effective workouts. These workout trends are known as micro workouts.



Micro workouts are brief strength exercises that can be done anywhere, any time of the day. They can last seconds or several minutes. It may focus on simply one exercise or could be a circuit of exercises. Your schedule may not allow a 90 minute round trip jaunt to the gym, but there are moments in the day when you can strength train. For example, at work we have done weekly exercises at our desks; taking a spri band and doing bicep curls, tricep extensions, squats, shoulder presses and doing these 4-5 times per day at 10-12 repetitions per movement. This pattern over the course of your day gets in your repetitions and also gets you off your chair or couch.



Fifteen minutes before your next Zoom meeting? Do a short circuit of lunges, push-ups, and pull-ups. These brief workouts don't seem like much, but the effects compound over time.

Micro workouts, however, are finding their place and being backed up more and more by trainers and science. They are optimal for individuals with busy schedules, busy lives and prefer to train at home, in their yard, or in parks.



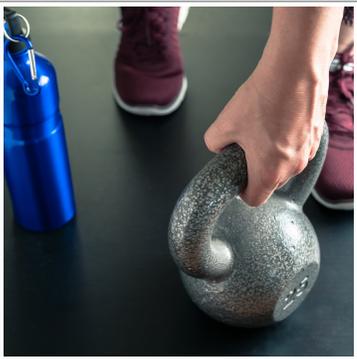
Bodyweight-focused exercises are effective for building strength. They also pair well with micro workouts. When combined, the two may increase your overall training.

There are dozens of routine splits, approaches, and styles. They all can work, but it depends on individual taste and preference. One should find a workout they enjoy and can be committed to.



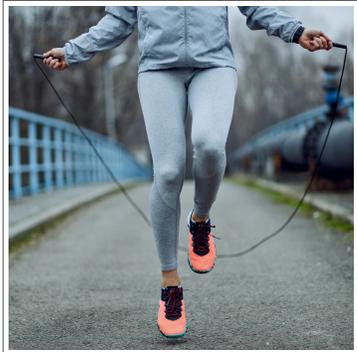
The Advantages Of Micro Workouts

- Time-saving. Workouts can be done in seconds or in as little time as 15-20 minutes.
- Minimal space and equipment. They can be done at home, in the park, in the office or even while waiting in the checkout line.
- Quicker recovery time.
- Money-saving as these can be done without a gym membership, coach, trainer, or class instructor.



The Disadvantages Of Micro Workouts

- It may take some time to adapt and change your mindset on how to approach fitness.
- One may need guidance for proper form or progression if one is not familiar with training.
- Often these workouts are done solo. So there is less of a socialization component.



Micro Workout Examples

- Perform 20 alternating lunges immediately, followed by 15 push-ups and 5 pull-ups. Take a short rest and resume the circuit 3-5 times for a full-body workout in under 15 minutes.
- Place a pull-up bar in a doorway of your home. Every time you pass under the bar perform a couple of reps of pull-ups or chin-ups.
- Set a workout timer for five – 1 minute rounds. For each minute perform the following exercises: Jump rope, pulse squats, push-ups, band curls, forearm plank.
- Watching your favorite sports team play while at home? Each commercial break performs an exercise. For that 2-3 minute periods perform as many good, controlled reps of an exercise. Consider alternating an upper body and a lower body exercise each commercial break such as wall sit, dips, bridges, push-ups, lunges, and pull-ups.



Fitness should be simple, easy, and convenient. Micro workouts may be a good option for those tight on time, limited resources, or lacking motivation for enduring fitness endeavors.