

HOME WORKOUT



## BURN AND BUILD WITH OUR INTENSE HOME WORKOUT

There are a lot of things you can do in 25 minutes, like watching an episode of Neighbours, for example. You could read a book. Have a powernap. Or you could build a bigger, leaner and stronger body by following our ultimate full-body workout, thanks to BESTFIT's resident PT, Mike 'Coach' Potts.

"This is a workout designed to be enjoyed at home, so there's no equipment needed," explains Potts. "The circuit is designed to burn a tonne of calories while also building strength and muscle. The idea is that you set a timer for 25 minutes, perform 8-10 repetitions of an exercise before moving on to

the next exercise and repeating the circuit as many times as possible." Simple, and because it lasts for less than half an hour, you've still got time to shower and eat your lunch before resuming your day. "If 8-10 repetitions is too hard then try 6-8," says Potts. "Similarly, if it's too easy, try 12-15!"

### ONLY ONE WAY TO FIND OUT ...



**CLICK HERE TO WATCH THE WORKOUT VIDEO**



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# EXERCISE 1 ONE LEG BURPEE

REPS PER SIDE →

8-10 →

REST  
1 MIN

From the press up start position, bend one leg behind you and use your supporting leg to jump forward and stand up. Repeat on other side for one rep.



# EXERCISE 2 KNEE GRAB CRUNCHES

REPS PER SIDE →

8-10 →

REST  
1 MIN

Lay down on your back as you would for a normal crunch, then bring your knees towards your chest as you perform the sit up. Wrap your arms around your knees and return to start position.



# EXERCISE 3 ONE-ARM WALL PUSH UPS

REPS PER SIDE →

8-10 →

REST  
1 MIN

Start leaning with one hand against a wall and one arm behind your back. Remember to keep your core solid as you flex your arm to bring your body towards the wall. Complete your rep, then repeat on other side.



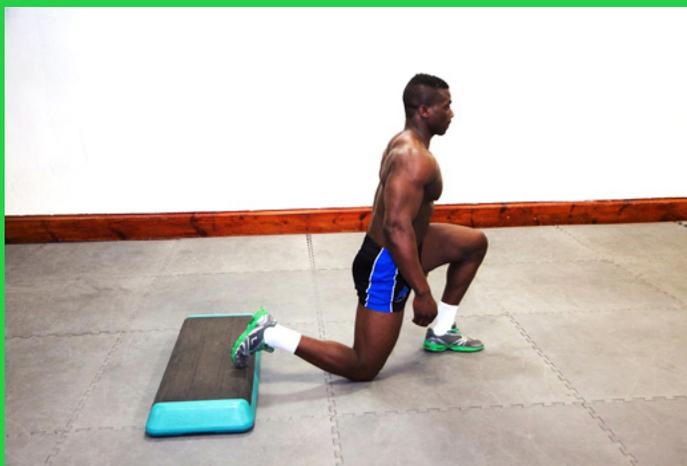
# EXERCISE 4 REAR FOOT ELEVATED SPLIT SQUAT

REPS PER SIDE →

8-10 →

REST  
1 MIN

Start with your back foot on an elevated surface no higher than 6-12 inches. Keep core tight as you lower your back knee to the floor before extending leg to return to start position. Finish reps then repeat on opposite leg.



# EXERCISE 5 PRONE BACK EXTENSION

REPS PER SIDE →

8-10 →

REST  
1 MIN

Laying in a prone position and with your fingers on temples, flex your back and raise your toes, then lift chest off the floor, hold for a count of 2-3 seconds, then lower under control and repeat.

