

# 15-minute bodyweight workout

When you're short on time or don't have access to any equipment, try this easy-to-follow 15-minute bodyweight workout

## Instructions



Warm up by jogging on the spot for 3 minutes.



Perform each of the 5 exercises below. Complete as many reps as you can in 40 seconds, then rest for 20 seconds before moving on to the next exercise.



Repeat the circuit twice.



Cool down by stretching for 2 minutes.



Although these exercises are designed to challenge your body, you shouldn't feel pain when performing them. If you do feel pain, talk to your doctor or physiotherapist. They will make sure you're doing them correctly or may suggest a different exercise.