

# ***Speed Play***

## ***15 Minute Fitness***

(Get your doctor's permission before beginning a new exercise routine!)

Find a cardio that works for you, even 2 or more styles. The more you mix it up, the faster the results. Walking, Stepping, Jump Rope (imaginary jump rope!) stationary bike, etc. You will alternate a few "shifting gears" segments of cardio with 60 second strength training. There are many strength training moves. Below is just a small sampling for ideas. Include upper, mid and lower body strength moves.

And get ready, get set, go "play" ...to the new YOU, *you exerciser you!*

### ***7 ½ and Back (stronger heart, leaner body!)***

Walk out your front door. Stand tall. Stride with intention. Breathe deeply. Go 7 ½ minutes as you *vary the speed*. (stop along the way for your strength-training breaks.)

Return home. (Repeat this mantra, "**I AM an exerciser**")



### ***Push-offs (uplifted chest, stronger shoulders, tight arms!)***

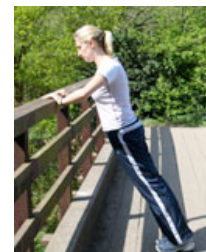
(push ups against the wall) 5-15

then progress to the kitchen counter.

Then the floor (on your knees)

Then on 1 knee.

Then full pushups!



### ***Step-back lunge (uplifted rear, leaner toner thighs!)***

(keep knees forward)

Or Lateral (to the side) lunge

Or Stairs. Push through the heel (and gluteals!)



### ***Abdominal Magic..(flat stomach, smaller waist, stronger back!!!)***

Exhale hard as you pull your navel toward your spine.

Stability ball.

Standing crunches!



### ***Flexibility (leaner lines, less injuries, less stress!)*** (after you are finished with your

Speed Play, try to include stretches at LEAST every/other workout. More is better.)

( Hold each stretch a minimum of 15 seconds.)

Neck and Shoulder.

Hamstrings.

Calves.

Cross-over.

