

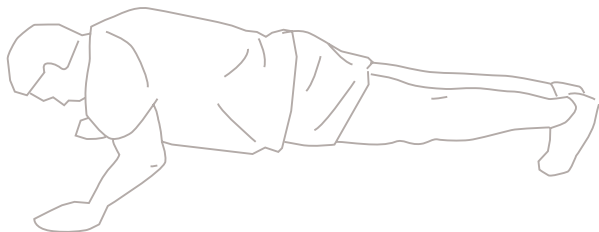
# Express workout

This mix of cardiovascular exercise and light weights will really help you to tone up all over.

## Using equipment:

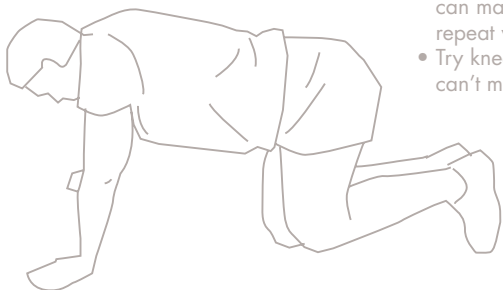
### Any CV equipment

Try to incorporate several intervals of exercise using equipment. Just 5-10 minutes will be sufficient.



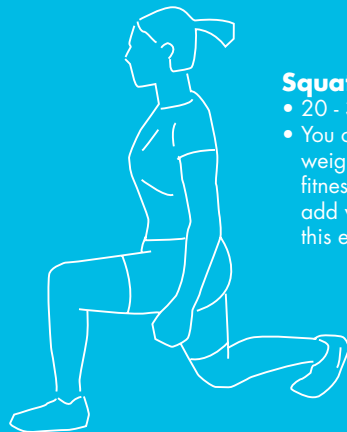
### Press-ups (left)

- As many repetitions as you can manage, then rest and repeat when you're ready
- Try kneeling press-ups if you can't manage a full press-up



### Lunges (below)

- 10 - 25 repetitions depending on ability
- Do the same amount on each leg
- Add weights for a harder workout



### Squats (right)

- 20 - 30 repetitions
- You can hold weights or use a fitness ball to add variation to this exercise



### Crunches (right)

- 15 - 20 repetitions
- On a mat or fitness ball if you prefer



### Plank (left)

- Hold for 30 seconds
- Repeat several times