Exercises

15 minutes

* Walking Lunge
  + Stand upright, feet together, and take a controlled step forward with your right leg, lowering your hips toward the floor by bending both knees to 90-degree angles. The back knee should point toward but not touch the ground, and your front knee should be directly over the ankle.
  + Press your right heel into the ground, and push off with your left foot to bring your left leg forward, stepping with control into a lunge on the other side. This completes two reps.
  + Do three sets of 20 reps each.
* Jogging
* Push up

30 minutes (gyms)

<http://www.total-gym-exercises.com/exercises/>

* Crunch
* Hyperextension
* Chest press
* Leg curl