

THE 1 MINUTE WORKOUT

DON'T QUIT



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Introduction

I want to thank you and congratulate you for downloading the book, “The 1-Minute Workout”.

Did you know that you could do a highly effective workout in the time it takes you to update your Facebook post or grab a coffee at your nearby restaurant? If you have been using the time factor as an excuse for not working out, you have been deluding yourself. You don’t need 30-60 minutes to work out; all you need is a minute. YES, you read that right! A minute of exercise is all the time you need to stay fit and strong.

This book will prove to you that as long as you can spare a minute, you have more than enough time to work out and reap the full benefits.

Exercise is one of the most important things in life. The benefits of exercise are not something any sane human being can overlook. From prevention of cardiovascular problems to prevention of diabetes and most importantly, cancer, it is even hard to imagine how we sometimes manage to get through life without working out.

One reason why most of us fail to exercise is our lifestyles. Most of us have busy schedules. For those of us who lead busy lives, dedicating an hour of our day to exercise seems too much to ask. This is not inclusive of the time it takes to get to and from the gym. Because of this, most of us ignore working out altogether. If you can relate to this kind of lifestyle but would still love to work out, then this book is for you.

This book will show you how you can work out and get amazing results in just a few key minutes. Studies have shown that although, from a traditional perspective, we have assumed that working out requires a ton of one’s time, it does not have to be that way. Contrary to popular belief, working out in a way that sees you reaping the benefits does not have to be time-consuming.

In this book, I will show you how to work out in the shortest time possible and still get the results you desire. I have outlined, in a systematic manner, the actions you need to take in order to exercise intensively within just a few minutes.

Thanks again for downloading this book, I hope you enjoy it!

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The 80/20 Rule: The Psychology behind One Minute Workout

Before we commence our discussion on anything related to working out, it is crucial that I explain to you one vital concept: ***the 80/20 rule***, the concept that inspired the research and design of the one-minute workout. This principle applies not only in the health and fitness community, but in many areas of life as well.

The 80/20 rule is an invention of Vilfredo Pareto, a renowned Italian economist. Pareto created this principle after observing wealth distribution in his country. He then concluded that 80% of the wealth in Italy was in the hands of only 20% of the population.

Although initially observed in economics, the principle has proven to hold true in many other areas in life. Thus, it has led to statements like, “80% of your outcomes come from 20% percent of your input” What this simply means is that only 20 percent of what you do brings in the results you desire. In some instances, a higher ratio still holds. For instance, a 90/10 percent rule is quite the norm in some areas of life.

The inverse of this principle also holds true. Eighty percent of your input generates only twenty percent of the outcome. What this simply implies is that most of what you could be doing could be less productive or not productive at all. Therefore, as a smart person, you should set out to find out what twenty percent of the input you need to generate the required outcome.

This book focuses on showing you the critical twenty percent input you need to stay healthy and as fit as possible. Now, let us look at the psychology behind the one-minute workout.

The Psychology behind the One Minute Workout

As stated in the introductory part of this book, quite a number of times when we want to work out, we come up with excuses like, “I don’t have enough time” and other excuses such as “I’m too tired,” “I don’t feel like working out,” and so on. It’s not that we are not fully aware of the benefits of working out; we are. It is just our reptilian brain (old brain) is wired in such a way that it will do everything to keep us safe. That is its job. In other words, your brain tricks you into choosing not to stress out your body, which is what

happens when you work out.

That is why before starting a workout regimen, you should plan to do it for One Minute only as a way to trick your brain into accepting it. Once you start, you will find yourself exercising for longer periods. One Minute Workout is the psychology our brains need to start the action. That is all it takes: One Minute. You may be asking yourself, “*Why does this sound too good to be true?*” “*Isn’t this promising something you cannot deliver?*”

Before you become skeptical, I am going to show you proof. I am recommending the one-minute workout because of the large body of scientific research conducted on it. According to research conducted at McMaster University, Ontario, a minute of vigorous exercise could lower blood pressure and raise the body’s endurance capacity.

The study involved 14 participants put on a six-week program whereby they would pedal a stationary bike; they would do this for one minute with a 20-second rest interval. They would do this exercise three times a week, which amounted to eighteen sessions in total. The result of this experiment was that the body’s endurance levels of the participants had gone up by 12%. The participants also registered healthier blood pressure and higher amounts of biochemical substances that contribute to higher numbers of mitochondria in the cells. Mitochondria are cell organelles whose role is to produce energy during respiration.

The significance of this research is not just about showing you that a minute is enough time for exercising. No, it takes much more than that to get noticeable results. The point of this study is that it shows that even a little exercise—a minute in this case—could actually make you healthier. If you truly desire great results, you will need to put in more time than the time needed to warm a cup of coffee. However, it goes on to point out that, ideal fitness is possible without necessarily spending hours upon hours at the gym.

When most of us think about what it takes to become fit, we envision the traditional concept of working out. We visualize an activity that requires putting in hours of intense work at the gym or treadmill. You imagine pedaling on your bike for hours, an entire afternoon of countless laps around the neighborhood, and other such time-tasking exercises. This alone makes the idea of working out to get fit intimidating. It makes you feel there is little time available to do all that.

That is entirely wrong. Researchers have spent years researching a new approach called high intensity interval training, which is what most of this book is going to cover. High intensity interval training is popular within health and fitness circles by its acronym “HIIT.”

HIIT has proven to show excellent health benefits while also being time conscious. HIIT provides strategies that can guarantee to provide you the benefits of hours of workouts in just a few minutes in a given day. Think of it as just another life hack in working out that takes less time. Without wasting any more time, let us head over to introducing high intensity interval training.

High Intensity Interval Training Using Body Weight

Before we discuss the actual techniques that fall into the high intensity interval training broad spectrum, it is important that we first discuss what it is and why it works.

Well, simply put, high intensity interval training involves short-term and highly intensive bursts of exercises where you push yourself hard enough to the climax of your heart rate. This is typically supposed to take anywhere from a few seconds to a few minutes. You then follow this short burst with a short period of recovery that may involve an exercise of less intensity. After that, you pick up the pace and repeat the cycle once again.

This type of workout works better than your regular workout because it maintains a high heart rate and burns a high amount of fat in your body in far less time. “But how does it do that?” you may ask. This is because high intensity interval workouts produce an effect called ***excess post-exercise consumption*** or EPOC.

Working out at high intensity over a short period makes your body demand more oxygen and because of this, your body quickly experiences a shortage of oxygen. This causes your body to demand more oxygen during periods of recovery, an effect called ***excess post-exercise oxygen consumption***. The result of this is that your body burns more calories and fat than if you exercised less intensely for the same period or for longer.

In this section of the book, we are going to be looking at a number of HIIT workouts that you can do right away. These workouts will follow a pattern of warming up, followed by a period of highly intensive workout, and then summing it up with a period of cooling down to make up for the oxygen shortage created by the intense workout.

HIIT Exercise for Massive Gains and Fitness

To ensure you get the most out of these exercises, do them in the order I have outlined.

Exercise 1: Tone up

Start by warming up

Warm up

A good warm-up serves to loosen your body and heat it up. This is a precursor to any workout. In this case, we are going to use a foam roller to do the trick.

Get a foam roller and use it to apply fair but small enough pressure to the muscles and ligaments.

Begin by rolling on your back. Then move on to legs, glutes and the hips. This will flush the muscles in your body with blood.

Start with a small amount of pressure and then increase it slowly with time. Make sure your experience is as light and as fluid as possible.

Work out

The workout will include ten squat jumps, twenty side lunges, and ten rotational pushups.

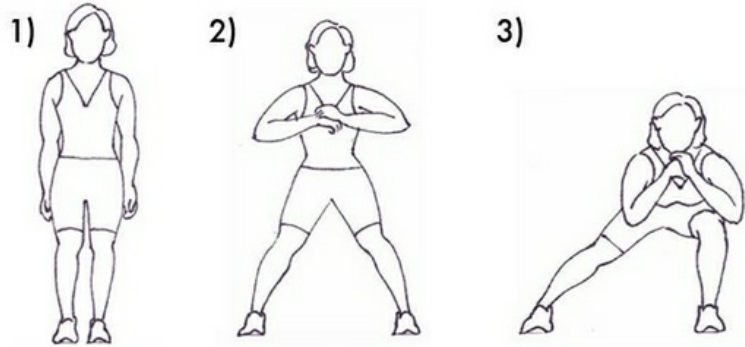
Squat jumps



1. Stand straight, place your feet flat on the ground, and spread your legs apart.
2. With your arms straightened out in front of you, drop your body to a squat position while keeping your back in a straight position and chest upwards.
3. Pressing through your feet, jump off the ground as high as you can.
4. Try to land as smoothly with your knees in a bent position.
5. Quickly reset your body to the first position and repeat the above

process nine times.

Side lunges



1. Stand straight with your feet slightly apart. Bring your hands together close to your chest
2. Tighten your abs and let your hips point forward. Make a huge step to the right and bend your knee at a 90-degree angle. After a few seconds, return your leg to the original position.
3. Repeat the above steps with the left leg. Make sure the total number of times you repeat the above steps for each leg amounts to ten.

Rotational push-ups



1. Get in a push up position by placing your feet together and toes pressed to the floor. Your hands should be apart and a little wider than shoulder width.
2. With your back still in a flat position, gradually lower your body towards the ground while lowering your shoulder blades.
3. Push your body back to the starting position, rotate your body in a 90-degree angle from the ground, and then straighten out one of your arm while supporting yourself with the other one.

4. Slowly return your body to the original position and change the direction of rotation, supporting yourself with other arm.
5. Repeat the above process ten times.

Cool Down

Cooling down is necessary after a workout. It helps your body slowly relax, slows down the heart rate, and makes you more flexible. In this workout, we are going to use the buttock stretch to cool down. To perform the buttock stretch, do the following:



1. Lay down on the floor preferably on a mat.
2. Lift your knees up to the chest position.
3. Bring the right leg and cross it over the left thigh. Hold the back of the left thigh in position with both your hands.
4. Pull the left thigh towards your chest and hold this position for 10 to 15 seconds.
5. Repeat the above process with the right thigh.

Exercise 2: HIIT Circuit

This HIIT exercise is super effective:

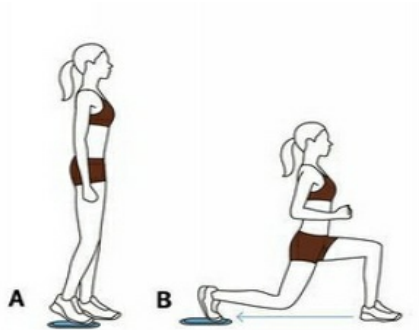
Warm up

To warm up for this workout, slowly jog for five to ten minutes or ride a bicycle for a few minutes with minimal resistance.

Work out

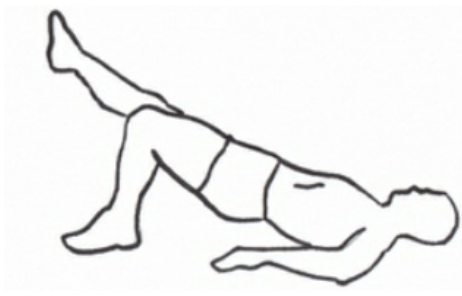
This workout involves twenty reverse lunges, twenty single-leg glute bridges, and ten side plank leg raises.

Reverse Lunge



1. Get on a standing position with your feet slightly apart and place your hands to your sides
2. Slowly make a large step backward with your left foot.
3. Lower your hips so that the thigh of your right leg is in a parallel position to the floor.
4. The knee of your left leg should bend at a 90-degree angle and should point towards the floor with your left heel lifted.
5. Return to your original position by pressing your right heel firmly onto the floor and slowly bringing your left leg forward.
6. Repeat the above process this time using the right leg. Make sure you repeat the same process for ten times for each leg.

Single-leg glute bridges



1. Lie on the floor and bend your knees while placing your feet flat on the floor.
2. Lift the right leg off the ground and bring your knee as close to the chest as possible. This will serve as the starting position
3. Exerting pressure through your left heel, raise your hips to the point where your body is in a straight line from the upper body all the way to your knee. You should feel pressure on your glutes and hamstrings
4. Hold this position for a few seconds and then return to the starting position.
5. Repeat the above steps ten times and then alternate the legs.

Side plank leg raise

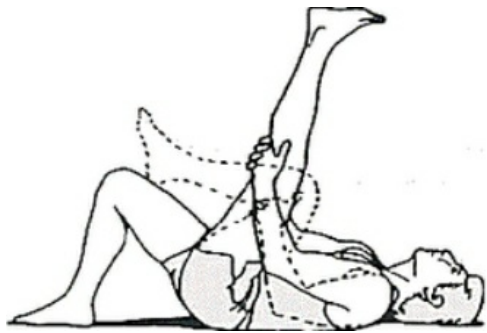


1. Start by lying down on your side.
2. Bring yourself up and support yourself with your left arm. The side of your left foot should be on the ground with the right foot lying on top of it. Let your body stay in a straight line.
3. Next, lift your right arm up towards the sky and then lift your right leg up and hold this position for a few seconds.

4. Return to the starting position and repeat the above steps ten times.
5. Shift your position and support yourself with the right hand instead. Repeat the above steps ten more times.

Cool Down

To cool down, do this hamstring stretch. To do it:



1. Lie on the floor on your back.
2. Next, lift your right leg.
3. With your left leg bent and still on the floor, slowly bring the right leg towards you while maintaining it in a straight position. However, do not hold it at the knee.
4. Hold this position for ten to fifteen minutes and then do the same with the left leg.

Exercise 3: Cardio-Blast

Here is how to perform this HIIT cardio exercise

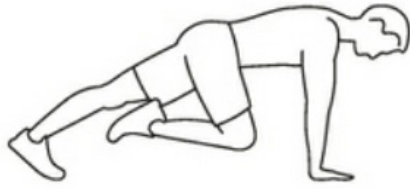
Warm up

To warm up for this exercise, skip a rope at a slow pace for around five minutes. This should warm you up enough to get you started.

Work out

This workout involves twenty mountain climbers, twenty bird-dog crunches, and ten burpees.

Mountain climbers



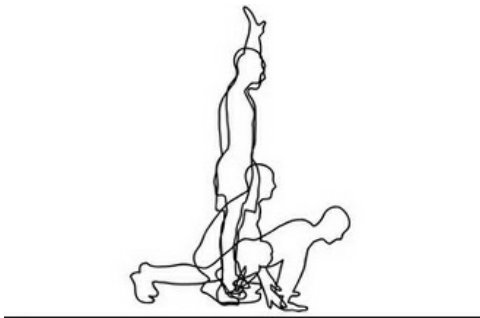
1. Start by staying in a push-up position with your hands beneath your shoulders.
2. Let your body stay as flat as possible.
3. Slowly bring your right knee in the direction of your chest. Then return it to its initial position and switch to the left knee.
4. Keep switching your legs and hasten your pace of switching. You should start feeling some pressure on your abs and shoulders.
5. Continue doing this twenty times.

Bird dog crunches



1. Start by staying on a position of all fours with your hands flat on the ground.
2. With your back as straight as possible, reach out your right arm while pushing your left leg back at the same time. Flex your left glute and right shoulder as this happens.
3. Hold this position for a few seconds then return both the right arm and left leg back to their original positions. Repeat that nine more times before alternating the arm and leg.

Burpees



1. Begin in a standing position.
2. Squat and then place your hands on the floor, at shoulder-width apart.
3. With your hands in this position, jump to a push-up position.
4. Then jump back to the squat position with your hands on the floor. Then jump to the straight position.
5. Repeat this process nine more times.

Cool down

To cool down, do the inner thigh stretch. Do the following:



1. Sit down and make sure your back is straight.
2. Next, bend your legs by pulling the soles of your feet together.
3. Hold on to your knees and try to allow your knees to rest on the floor.
4. Hold this position for ten to fifteen seconds.

This section of the book has focused on providing you with a guide you can rely on to intensely work out relying on nothing but your body weight. You should alternate the workout with periods of cooling down. In the next section, we are going to look at the importance of getting good and enough sleep and relaxing after practicing the above techniques.

Sleep and Recovery: Its Importance to Fitness

As you pursue the perfect body, you may find yourself focusing too much on working out and too little on another important part of the process: sleep and recovery. Keep in mind that working out is what may stimulate your body to adapt. However, enough rest is what allows the body to adjust accordingly.

Many fitness buffs hit a brick wall in their attempt to lose weight and become fit simply because they chose to overlook this important aspect. This part of the book will discuss the importance of having adequate rest and the benefits of using a foam roller to facilitate the recovery process.

As it turns out, sleep in relation to fitness has more than one benefit:

1: Lack of adequate sleep can ruin the benefits of being on a diet

Many times, a combination of a diet and workouts are the best way to achieve optimum results and get a fit looking body. However, if you deprive yourself of sleep, you may end up destroying a carefully constructed plan of achieving that simply because lack of sleep undermines the effects of a good diet plan. Research published in the Annals of Internal Medicine revealed this medical fact.

The research study placed people on a diet on different sleep routines. In the first experiment, researchers allowed participants plenty of sleep. They then observed that more than 50% of the weight they lost was from fat. Later on, researchers placed the same dieters on a schedule that reduced the number of hours that they could sleep. In this instance, they lost considerably less fat.

2: Sleep deprivation can alter the fat cells in your body

Lack of sleep can keep your body from using insulin optimally. Insulin is the hormone that stimulates storage of fat. A study conducted by the University of Chicago observed that sensitivity to insulin reduced by over 30% in sleep-deprived subjects. This is a bad thing because the insulin in your body works hand in hand with your fat cells.

When your insulin is functioning normally, your fat cells prevent storage of fat by removing fatty acids and lipids from your bloodstream. When you experience insulin resistance, fat circulates in your blood and ends up stored in all the wrong places like the liver. Over time, this increases your body weight and you become more vulnerable to ailments such as diabetes.

3: Lack of sleep enhances food cravings

It is a popular belief that you can easily control hunger by having enough willpower over the demands of your stomach. This is wrong. Two hormones, namely leptin and ghrelin, control your hunger. The lower the leptin your body produces, the more of an empty feeling in your stomach you will have.

At the same time, more ghrelin produced also enhances this feeling. In addition, more ghrelin leads to a reduction in burnt calories while increasing the amount of fat stored. Therefore, the control of leptin and ghrelin is vital to successful weight loss. Lack of sleep makes the body produce more ghrelin. This leaves you feeling hungry and makes you want to eat more, even foods that may be bad for your weight.

The above reasons are just but a portion of the benefits of enough sleep. Plenty of sleep has numerous health benefits, which may go beyond the scope of this book. A good rule of thumb is to make sure you have adequate sleep.

About Foam Rollers

Another practice that can enhance your recovery is the use of foam rollers. Foam rollers help apply low intensity pressure on various body parts in order to soften your tissues. This serves the purpose of letting muscles that have contracted to relax, which in turn enhances the flow of blood and nutrients to the area. This has the effect of reducing internal rubbing allowing muscles to operate smoothly.

Here are the various ways in which foam rolling can be beneficial:

1: Increases the flow of blood

The use of a foam roller stretches the muscles and loosens them. Over time, the application of this force to tissues and muscles squeezes out blood that is then replaced by fresh blood. Fresh blood supplies the muscles with beneficial nutrients and oxygen.

2: Improves movement between muscles

When muscles become more hydrated and loose because of foam rolling, they will experience less friction as they move and rub against each other. This enhances your experience during a future workout because the muscles will be moving smoothly alongside one another, which means you can avoid future instances of muscle pulls and damage.

3: Improved range of motion

An added advantage to massaging yourself using foam rollers is an increase in your range of motion. This is because foam rolling will stretch and lubricate your muscles. In addition, with foam rolling, you will be able to employ more muscle when you are working out; thus, your workout routines will be more effective.

4: Reduces risk of injury

As previously stated, foam rolling enhances circulation, and as a result, improves movement and range of motion. This generally reduces the odds of injury. This is because you will be less likely to move improperly, which is the cause of many injuries.

Overall, enough sleep and foam rolling serve as good practices for recovery after a workout. It is good that you always follow workout exercises with these practices. They will make your life a whole lot easier and your workouts that much more effective.

In the section that follows, we are going to discuss one more technique you should add up your sleeves: adopting a low-carb diet.

The Power of Low Carb Meals

If your intention for working out is to lose weight, you will achieve your goals faster if you adopt a low-carb diet. A low carb diet may hasten your rate of burning fat leading to greater weight loss.

In this part of the book, we are going to look at what a low-carb diet is, why it works, as well as how to get your hands on a low-card diet plan that works.

Understanding Low-Carb Diets

What is a low-carb diet? As the name suggests, a low-carb diet is a diet that focuses on restricting your carbohydrates intake. Foods high in carbohydrates include grains, legumes and starchy vegetables like potatoes. You can reduce your intake of such foods and eat foods high in protein and fat. If you still want to eat carbohydrates, ensure you eat complex carbohydrates.

There are currently many variations of the low-carb diet; each has its own rules on the amount of carbs you should consume. Types of low-carb diets include [the keto diet](#), the [Atkins diet](#), [Hollywood diet](#), [Dukan diet](#), and [many others](#). I personally recommend the keto diet because it enjoys immense popularity in the health and fitness community and has an amazing track record.

How Low-Carb Diets Work

The focus of a low carb diet is to force the body into a state where it has to rely on fat instead of glucose as the primary source of fuel. When you eat food low in carbs, the level of glucose in your blood will drop. Consequently, the level of insulin, a hormone that stimulates the storage of fat in your body tissues, lowers. When this happens, your body will switch to relying on fats as the primary source of energy. Ketosis is the name given to the process of burning fat for energy.

During ketosis, the liver breaks down the fat in your body to produce fatty acids and glycerol. The body later breaks down fatty acids into acetoacetate in a process called Ketogenesis. It then breaks acetoacetate further to produce a fuel that the body can rely on called Beta-Hydroxybutyrate. The technique of putting your body into a state where it relies on fat as its fuel is what makes you lose weight because the body will break down fats stored in the body and convert it to fuel.

Conclusion

I appreciate you for purchasing this book and reading it to the very end. It shows a lot of personal commitment and discipline. Many people have unknowingly believed the doctrine that working out has to be a time-consuming exercise. This has led many to shy away from an activity that could be massively beneficially to their lives. I hope this book has proven otherwise.

By implementing what you have learnt, you can use the little time you may have for exercise and still reap the rewards that ardent gym-goers get. If this is not smart, I do not know what to call it.