

How Much Time Do You Have?	15 Minutes	30 Minutes	60 Minutes
Type Of Workout	TABATA 20 seconds Work/ 10 seconds rest for 4 minutes. 3 rounds. Take a Minute break between each round.	HIIT Pick a moderate amount of reps per movement (10-20 reps) and complete all movements sequentially as many times as possible in 20-30 minutes. OR pick between 4-7 rounds of your movements and rep scheme to complete as fast as possible. The more rounds you pick,	BodyBuilding Movements of 1-3 body parts. Do 3 sets of 8-12 reps of each movement with a 30-60 second rest between each set.
Index of <u>Do Something</u>	Pick 2-4 Movements.	Pick 4-6 Movements.	Pick 6-12 Movements.
Cardio	Any Cardio movement except for running. You can add a run in before or after if you choose.	Any Cardio.	If you choose to do cardio acceleration, pick movements that can easily be done near your current work station, like burpees or high knees. Otherwise you can add in cardio before or after the workout.
Upper Body	Arms, Back, Chest, Shoulders	Arms, Back, Chest, Shoulders	Arms, Back, Chest, Shoulders
Lower Body	Legs	Legs	Legs
Core	Abs	Abs	Abs
Total Body	Full Body	Full Body	Full Body
Examples Mix and match movements/ body parts/cardio. Or work on one section at a time, all upper body/all core work, etc. You could even only run for the allotted amount of time.	20 sec Burpees/10 sec rest, 20 sec Sit Ups/10 sec rest, 20 sec Push Ups/10 sec rest, 20 sec Air Squats/10 sec rest For 4 Minutes (or 2 rounds of this). 1 Minute Rest and repeat. 1 Minute rest and repeat. Done.	As Many Rounds As Possible in 30 Minutes 15 DB Thrusters 20 DB Deadlifts 15 DB Push Press 20 DB Lunges 15 DB Russian Twists	Chest and Tricep Workout: (15 Minutes on Treadmill) DB Bench Press DB Fly Push Up Tricep Kickback Tricep Overhead Extension Tricep Dip

Grab your copy of Do Something and get to work!