

BECOME A 12-MINUTE ATHLETE



Forget about spending hours in the gym. Here's why shorter workouts are better than longer ones

WHY 12-MINUTE WORKOUTS ARE BEST

EXCUSES ARE MOOT

When you know you'll be spending an hour or two working out, you are more likely to skip your workout altogether — which makes sense. An hour is a significant time commitment. You've likely got a million other things going on. But with short, intense, and minimal equipment workouts, that excuse goes out the window. Everyone has an extra 12 or 15 minutes a day. Don't argue? Just think about all the things you currently waste time on now... watching reality TV shows, taking really long showers, sleeping an extra 15 or 30 minutes in the morning. No matter how busy your days are, you can easily shave off a few minutes here and there. You can definitely come up with enough time to fit in a 12-minute workout. Doing short, tough HIIT workouts makes it way more likely you'll actually stick to your workout schedule.

THEY NORMALIZE YOUR APPETITE

When you work out for hours on end, not only will your appetite grow to be enormous in order to make up for all the energy lost during your workout, you'll also put yourself at risk of that dangerous "I deserve this" mode — which can kill your weight-loss goals. During my time as a personal trainer, I can't tell you how many times I saw people do cardio or weights for an hour or more in the gym, then immediately go across the street to Starbucks or Dunkin' Donuts and scarf down a giant-sized sugary drink and a giant pastry (or two). All because they thought they'd worked hard, were ravenous, and felt they deserved a treat afterwards. But sadly, this "reward" would nearly always result in a weight loss plateau, or worse, actual weight gain.

Yet HIIT is different. Even though you have to work as hard as humanly possible during high intensity interval training workouts, since you're not actually working out for a huge amount of time, you don't get that same "fed me now" feeling that you get after a really long run or weights session. And science confirms it: Recent studies have shown that

HIIT may actually suppress your appetite — while steady state cardio can actually increase it. So train for shorter amounts of time. You'll likely feel less hungry overall.

THEY SHOW RESULTS FASTER

Need to get in shape quickly for the upcoming beach season, a high school reunion, or just to feel better and more confident about yourself? If you want to get the fastest results possible, don't go for a few steady jogs a week — do intervals instead. HIIT has been in the press a lot lately, and for good reason. Recent studies have shown that HIIT can improve your fitness level in as little as two weeks, and can give you the same cardiovascular and muscular benefits as steady state cardio in half to one-third the amount of time. Short but tough HIIT workouts can also boost your metabolism, raise your body's fat-burning power, and burn more calories in way less time.

THEY GET YOU IN BETTER SHAPE IN LESS TIME

I know there are people out there who actually enjoy long, steady cardio. But for the rest of us who dread spending hours feeling like a hamster on a wheel at the gym, knowing that shorter workouts are as (or more) effective than longer ones almost seems too good to be true. "We now have more than 10 years of data showing HIIT yields pretty much the exact same health and fitness benefits as long-term aerobic exercise, and in some groups or populations, it works better than traditional aerobic exercise," says Todd Astorino, a professor of kinesiology at California State University, San Marcos, who has published more than a dozen study papers on HIIT.

SKILL WORK

If you want to take your strength and athletic skill set to the next level, you'll need to spend a little extra time building up your skill arsenal. It's optional, so you can skip it, but ideally, do it before your workout when you're fresh.

For example, if the skill work of the day includes handstands, you'll want to work on whichever handstand progression you're currently on, with a strong focus on form. If you're working on multiple handstands, you'll want to bring them, for example, to your skill-work right-hand side.

Number of rounds: 3
30-second wall handstand hold
5 fast elevated bridge holds
 In this example, you would go through each exercise once, then rotate through twice more for a total of three rounds, resting as needed.

KRISTA STRYKER

THE WORKOUT

week one/

WORKOUT 1

Skill work

Handstands – 3 rounds
Bridges – 3 rounds

HIIT Workout

Workout type:
12 Minute
Timer setting:
18 x :10 x :30

Equipment: None

Exercises:

- 1 Snowboarder jumps
- 2 Push-ups
- 3 Walking lunges
- 4 Burpees
- 5 High knees
- 6 Rocking planks



WORKOUT 2

Skill Work

Push-ups – 2 x 15-20 reps
Pull-ups – 2 x 8-10 reps
Handstand push-ups – 2 x 5 reps

HIIT Workout

Workout type:
12 Minute

Timer setting: 18 x :10 x :30

Equipment: None

Exercises:

- 1 Jump lunges
- 2 Reptile push-ups
- 3 Air squats
- 4 High knees
- 5 Burpee lateral jumps
- 6 V up in/out



EXAMPLE SCHEDULE

Monday Workout 1
Tuesday Rest
Wednesday Workout 2
Thursday Rest

Friday Workout 3
Saturday Rest
Sunday Rest

Create a plan to best fit your schedule with three workouts a week and rest days in between.

To get the full 8-week plan visit 12minuteathlete.com

WORKOUT 3

Skill Work

Pistol squats – 3 x 5 reps
Leg raises – 3 x 10 reps

Challenge Workout

Workout type:
Challenge
Timer setting:
Stopwatch

Equipment: None
Complete 3 rounds, resting as little as possible in between sets:

- 10 Long jumps
- 10 Pike push-ups
- 20 Walking lunges
- 10 Burpees
- 20 Air squats
- 15 Sit-ups



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week two/

WORKOUT 1

Skill Work:

Handstands – 3 rounds
Bridges – 3 rounds

HIIT Workout:

Workout type:
12 Minute
Timer setting:
18 x :10 x :30

Equipment: Box

Exercises:

- 1 Box jumps
- 2 Bulgarian split squats
- 3 High knees
- 4 Push-ups
- 5 Side lunges
- 6 Elevated knee touches



WORKOUT 2

Skill Work:

Push-ups – 2 x 15-20 reps
Pull-ups – 2 x 8-10 reps
Handstand push-ups – 2 x 5 reps

HIIT Workout:

Workout type:
16 Minute
Timer setting:
24 x :10 x :30

Equipment: Jump rope

Exercises:

- 1 Single unders
- 2 Boxer push-ups
- 3 High knees w/ jump rope
- 4 Air squats
- 5 Burpees
- 6 Rocking planks



WORKOUT 3

Skill Work

Pistol squats – 3 x 5 reps
Leg raises – 3 x 10 reps

Challenge

Workout type:
Challenge
Timer setting:
Stopwatch
Equipment: None

Complete four rounds, resting as little as possible in between sets:
1 50-yard sprint (approx half the length of a football field)
10 Push-ups
20 Walking lunges
30 Pike jumps
10 Candlestick hip bridges/side 10 V ups

