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# 10 → MINUTES, → EXPERTS, → WAYS

*Our top ways to work out fast*

WHAT YOU  
NEED:



PILATES MAT

## Sharan Simmons

Senior Pilates instructor and education officer at Pilates Alliance Australasia, [pilatesalliance.net](http://pilatesalliance.net)

**WHY IT WORKS:** This 10-minute Pilates workout stretches, strengthens and tones the whole body. It is also great to focus the mind and energise your body for the day ahead. During a stressful workday, take 10 minutes out of your lunch break to boost energy levels and refocus.

**INSTRUCTIONS:** Perform 10 reps of the 10 following exercises.

### ① CAT STRETCH + THREAD A NEEDLE

Kneeling on hands and knees, exhale to curl tailbone under to round the spine and stretch lower back; inhale to return to flat back.

*Add rotation:* Thread right hand under the left arm and rotate torso to the left, return to start and reach right hand to ceiling and rotate to the right.



### ② SWIMMING + HEEL BEATS

Release body to mat, lie long on mat and with hands reaching forward, lift opposite hand and leg in a swimming motion and alternate for 10 long breaths.

*Add heel beats:* Support chest on elbows and keep legs raised off mat and beat heels together for 100 quick beats. Press body back onto heels for a rest.



### ③ ROLL-UPS

Sit tall with legs long, exhale to slowly roll back to lay spine on mat, inhale to curl up to chest lift position and exhale to roll up to sitting.



### ④ TEASER

Lie down with legs outstretched, exhale to curl legs and torso up to V position. Inhale to control the body to return to mat.

Simply don't have time to exercise? Think again. We asked 10 PTs whether a 10-minute workout is worth the effort and the answer was a resounding YES! In fact, when performed with 100 per cent intensity, our experts believe a 10-minute workout could outweigh the benefits of a session twice as long. Whether you're in the office or unwinding from a tough day at home, these workouts are designed to go where you do.

Words: Amelia Barnes



⑤ **HUNDREDS**

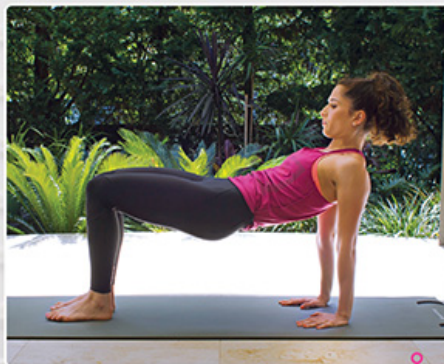
Lie with back legs at tabletop (90/90), curl chest up and reach legs long to a diagonal, inhale to pump arms strongly for five beats and exhale five beats, continue for 10 sets. Hug knees to chest to rest.



⑥ **BACK SUPPORT + FRONT SUPPORT + PIKE**

Sit with feet close to your bottom and with your hands behind. Press into feet and hands to lift off mat.

Turn body over to kneeling on hands and knees, press hands into mat and extend right leg back to plank position. Repeat with left leg. Hold for one-minute.



Pilates and ballet are ideal for strengthening and conditioning without expensive equipment. Try adding one of these strengthening and fat burning exercises into an at-home workout rotation to change up a standard routine.



CONTD ON PG. 72

www.womenshealthandfitness.com.au

## BEST BODY >> MOVE IT

CONTD FROM PG. 71



### 7 SINGLE LEG STRETCH + CRISS CROSS

Lie on back, legs at tabletop with chest lifted and hands on knees. Exhale to reach right leg long as hands move to left knee, inhale to alternate legs for 10 sets.

**Add rotation:** Bring hands behind head; as right leg extends, rotate ribs and shoulder to left knee. Alternate legs for 10 sets.



### 8 SIDE LYING LEG KICKS + SIDE SUPPORT

Lie on right side, supported on elbow, legs long and slightly in front of body. Raise left leg to hip height, exhale to kick left leg forward and pulse, inhale, lengthen leg to back x 10 reps.

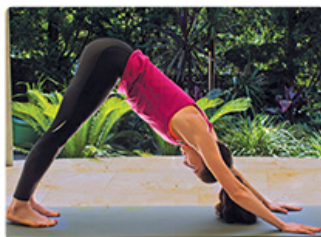
**Add side support:** Strengthen arm and shoulder position and extend both legs long in line with body, press body up to a side plank, hold for a slow count to 10. Repeat on other side.



### 9 BACK EXTENSION + SINGLE LEG KICK

Roll to lie on stomach, with arms long by sides, inhale to lengthen body and lift chest off mat, exhale to control, return to mat x 10 reps.

**Add single leg kick:** Press up onto elbows, support with abs to hold chest and ribs off mat, bend knee to kick right leg to bottom, alternate legs for 10 sets.



### 10 PIKE

Push back with hands to press bottom to ceiling into a pike/ downward dog position x 10 reps. Bend knees to return to start.

## Ricardo Riskalla

Master trainer,  
rawfit.com.au

**WHAT YOU NEED:**  
  
A BARRE / KITCHEN BENCH

**WHY IT WORKS:**  
The point of exercise in a few minutes is to be

savvy, fast, non-stop and effective. Ballet is great for toning and elongating your legs. You should never overload your legs with heavy weights, as this will make you look shorter and bulkier.

**INSTRUCTIONS:** There are only two steps to this workout, which will have your legs and arms burning in just a few minutes.

**HOTEL ROOM APPROVED!**

## BALLET FULL Plié

Start with the classic ballet full plié. Use a barre or similar to support your weight and with your heels together bend your knees until they are almost touching the ground. Make sure you fully extend your legs up when coming up. Repeat for six minutes.

## ARM EXERCISE

Complete the workout with this simple but effective arm exercise. With your arms wide open, rotate them slowly forwards and then backwards for four minutes. No breaks!

No equipment? No worries! Improvise expensive gym equipment while travelling with hotel items like a blanket box and mini bar drinks.

## Tina Rutzou

Master trainer and owner of Beachside Personal Fitness, [beachfitness.com.au](http://beachfitness.com.au)

**WHAT YOU NEED:**



2 x CHAIRS/ BENCHES

**WHY IT WORKS:** This workout will burn fat, build lean muscle mass, increase your cardio ability (work your heart) while gaining strength, agility and flexibility. The exercises are simple and compound, meaning they use more than one muscle group in each exercise. This gives a more efficient and effective workout.

**INSTRUCTIONS:** This workout is designed to take place on a deck or backyard at home and placing a chair and bench at each end.

Start with 10 step-ups on each leg, then run to your other bench and do 10 push-ups. Continue with walking lunges back to the other end, 10 more step-ups on each leg, then run back to other bench for 10 dips. Do this routine three times and finish with three sets of 10 sit-ups.

## Tanya Lewis

Dietitian and PT, [lifept.com.au](http://lifept.com.au)

**WHAT YOU NEED:**



EXERCISE BIKE

**WHY IT WORKS:** If you've invested in an at-home exercise bike or gym membership, 10 minutes a day is all you need to start seeing results. HIIT (high intensity interval training) can be extremely worthwhile at a metabolic level. The catch: hard has to be hard, so your sprints must be all-out.

**INSTRUCTIONS:** Jump on a stationary bike before a shower and sprint for eight seconds, then rest for 12 and repeat 30 times until you reach 10 minutes. If you don't have an exercise bike at home, substitute by sprinting up your driveway and jogging back.

**Paul Bevan**

PT, [absolutemma.net.au](http://absolutemma.net.au)

**WHY IT WORKS:** This workout is designed for people with limited time and basic items you can either carry with you or already have in your hotel room or home.

This whole body workout focuses on high intensity exercise with limited rest. That's really the key to its effectiveness!

**INSTRUCTIONS:** Use the stopwatch on your smartphone to time yourself for three minutes, followed by 30 seconds of active recovery.

You'll spend 30 seconds on each exercise, doing as many repetitions as you can during that time frame. As there are six exercises, this will take you three minutes in total, and then you'll have your 30 seconds for active recovery (walk around, catch your breath, grab a sip of water). Repeat twice.

### 1 PUSH-UPS – 30 SECONDS

Do this next to a mirror if you can. In a prone position, keep your hands slightly less than shoulder width apart, stay nice and tight through the core, don't let your lower back sag (use the mirror to monitor yourself) and stay up on your toes with feet placed wider than your hips. Lower your chest to the ground slowly and raise back up. For added difficulty, elevate your legs onto a chair/lounge/bed and keep your feet together while you lower your chest.

Great exercise for the chest, arms (triceps), shoulders and core.



**WHAT YOU NEED:**  
STOPWATCH,  
SHOPPING BAGS,  
WATER BOTTLES



### DEADLIFTS – 30 SECONDS

Now this is where you start to improvise! Grab two shopping bags and load them up with whatever is on hand. Try grabbing a couple of 1-2L bottles or use items from the hotel min bar. Make sure you keep the contents of each bag even so they both weigh the same. Start with the bags by your side, feet slightly wider than shoulder-width apart, knees slightly bent.

Bend your knees and grab the handles of the bags with your palms facing towards your body. Make sure to keep your chest up, back flat and eyes looking straight ahead. Again, use the mirror to monitor your posture. Now, stand up until your legs are straight – but don't lock your knees, always keep a slight bend in them – and keep your back straight. Pause at the top, then return the shopping bags to the floor and repeat.



### LATERAL RAISE – 30 SECONDS

Again, let's use those shopping bags. Start with bags in hand, palms facing your body, elbows slightly bent. Feet slightly wider than shoulder-width apart, knees slightly bent. Raise your arms out to your sides (keeping your elbows above your wrists at all times) until you reach shoulder height, then lower back down to your sides. Keep your palms facing the ground and elbows slightly bent throughout the lift. This is a great exercise for the shoulders (deltoids).

### SPLIT SQUATS – 30 SECONDS

Take a nice, long stance (about one metre long) with feet shoulder-width apart and right foot forward and left foot back for stability. Now, drop your left knee to the ground, keeping the chest up, with torso and pelvis upright. You should form a rectangle at the bottom (between floor, right calf, right hamstring and left thigh), before driving back up through your front (right) foot to the starting position. Repeat for 15 seconds before switching your stance to your left foot forward and completing the final 15 seconds. For increased difficulty, you can add resistance by holding your weighted shopping bags. This is a fantastic exercise for the quads and glutes!



### BICEP CURLS – 30 SECONDS

This time, start with bags in hand, arms by your sides, palms facing forwards, with elbows slightly bent. Feet slightly wider than shoulder-width apart, knees slightly bent, pelvis tucked under. Curl the bags up towards your shoulders, keeping your elbows in close to your side. Squeeze with your biceps at the top, then slowly return the bags back down to the starting position. Make sure you don't sway your back through the movement.



## Sally Lynch

PT and running coach,  
letsrun.com.au

### WHAT YOU NEED:



### SKIPPING ROPE

### WHY IT WORKS:

Skipping is a full body workout that uses your abdominals to stabilise the body and legs for jumping,

and the shoulders and arms for turning the rope. It works approximately 40 per cent upper body and 60 per cent lower body. Skipping also strengthens your bones as jumping increases levels of calcium and therefore helps to prevent osteoporosis. Depending on your weight and exertion level, you'll burn between 70 to 110 calories in a 10-minute session.

**INSTRUCTIONS:** To size your rope correctly, stand on the centre of the cord and pull the ends straight up along your sides. The handles should just reach your armpits.

Keep your shoulders down and elbows close to your body. You should only really move your forearms to rotate the rope. Keep your head up and look straight ahead. Always stay light on your feet; don't be flat footed – jump only on the balls of your feet. For basic bounces you don't need to jump super high, just enough to let the rope slide under your feet (approximately five to ten centimetres off the ground).

To intensify this workout, add on-the-spot jogging for one-minute intervals. Start by skipping for one minute on and resting for one minute. Once that becomes easier, aim to skip for one minute and jog on the spot for one minute, then work your way down to one minute skipping and 30 seconds jogging on the spot.

You can increase the intensity and get creative by doing single leg

bouncing and adding double unders (double the speed!) throughout your workout.

According to the British Skipping Rope Association, 10 minutes of skipping can have the same health benefits as a 45-minute run. All you need is a little bit of space and a skipping rope, which can easily be taken from the office to your lounge room.

## Kris Etheridge

PT and business owner, kefitness.com.au

**WHY IT WORKS:** In any workout, you need to burn as many calories as possible, elevate your fat-burning hormones and condition/tone your muscles.

This workout focuses on the largest muscle group in your body, the legs. By training your legs at a high intensity, it encourages the release of your fat-burning hormones testosterone and growth hormone. This workout also helps to lower fat-storing hormones insulin and stress hormone cortisol, which can cause you to gain weight around the midsection. Due to the intensity of this workout, you will get what we call an EPOC (excess post-oxygen consumption) effect, which causes metabolism to increase for up to 48 hours after your workout.

- ▶ One-minute high knee skipping
- ▶ Squats x 30 (A)
- ▶ One-minute high knee skipping
- ▶ Lunge pulses (B)
- ▶ One-minute high knee skipping
- ▶ In and out jump squats x 30 (C)
- ▶ One-minute high knee skipping
- ▶ Plyometric switching lunges x 30 (D)
- ▶ One-minute high knee skipping
- ▶ Lateral skier squats x 30 (E)
- ▶ One-minute high knee skipping
- ▶ Single leg glute raise holds (30 seconds on each side) (F)

When you have no equipment on hand, these workouts will still have your heart rate pumping and temperature rising from the confines of your living room.



## Kirsty Welsh

PT and business owner, kirstywelsh.com

### WHAT YOU NEED:



### SKIPPING ROPE

**WHY IT WORKS:** Your lower body has the largest muscle groups and therefore leg exercises will raise your heart rate and create more bang for your buck than upper body exercises, generally. Head straight for the legs and pick compound exercises that use more than one joint in the movement.

**INSTRUCTIONS:** Try this circuit as many times as you can in 10 minutes. You'll find you won't need much recovery between sets initially, but as you get further into the workout, this will become increasingly tough.

- ▶ Squat jumps
- ▶ Double alternating lunges
- ▶ Push-up to aeroplane
- ▶ Army 6
- ▶ 100 x skips

## Kes Comerford

PT and business owner, [gotofitness.com.au](http://gotofitness.com.au)

**WHY IT WORKS:** Not only will this workout help strengthen your immune system, burn extra calories and elevate your mood, but along with a healthy diet plan, short bursts of exercise can help you shed unwanted weight.

With a regular schedule of workout routines, you can keep the weight off for good. These short workouts also help to promote healthy blood flow, strengthen the heart, and clean out the system by flushing toxins out of the body through the lungs and lymph nodes.

**INSTRUCTIONS:** Complete as many rounds in 10 minutes as you can. Aim for two rounds to start with and increase as you become more familiar with the exercises.

- ▶ Burpees x 10
- ▶ Lateral squat pops x 20
- ▶ Renegade rows x 20
- ▶ Alternating lunge to bicep curl (pistons) x 10
- ▶ Walking planks x 20
- ▶ Jack-knives x 20

**WHAT YOU NEED:**



**NOTHING!**

## Amanda Ferguson

PT and business owner, [blueskyfitness.com.au](http://blueskyfitness.com.au)

**WHY IT WORKS:** According to Ferguson, HIIT is the most effective way to burn fat, plus you don't have to spend hours and hours at the gym to get fitter, stronger and leaner. Interval training can be done with lots of different exercises – running, swimming, riding – it's all about getting that heart rate pumping, letting it drop, spike up, down etc. It can also go hand in hand with strength and conditioning exercises.

**INSTRUCTIONS:** The key to interval training is to recover on the down part and go for it 100 per cent for the sprint part. Here is an example:

- ▶ Easy jog for 60 seconds, sprint for 30 seconds, repeat 5 minutes
- ▶ Easy jog for 45 seconds, sprint for 45 seconds, repeat for 5 minutes
- ▶ Easy jog for 30 seconds, sprint for 60 seconds, repeat for 5 minutes

If you don't want to look at your watch that much, use markers – lamp posts, traffic lights, streets, trees – jog to one, sprint two, jog one, sprint three. Or for an at-home workout that combines strength and interval training, try the following series of exercises.

- ▶ One minute high knees (also acts as a bit of a warm-up)
- ▶ One-minute squats
- ▶ One-minute push-ups
- ▶ One-minute bicycles
- ▶ One-minute mountain climbers
- ▶ One-minute squat jumps
- ▶ One-minute tricep push-ups or tricep dips
- ▶ One-minute power lunges – alternate legs
- ▶ One-minute burpees
- ▶ One-minute plank

Repeat if you have more time after a one-minute rest. ■

**WHAT YOU NEED:**



**NOTHING!**

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