Get Fit with Paige

15 Minute Killer Workout

Warm up and do each move for 60 seconds, one after the other. Rest halfway through each exercise as needed.

1. SQUAT PRESS
   Holding weights (3-15 lbs) over the shoulders, squat, sending the hips back. Stand up and press the weights overhead.
   Repeat for 60 seconds.

2. BURPEE SQUATS
   Start in a plank position and jump the feet in to a wide stance squat, arms up. Lower jump the feet back and repeat.
   Repeat for 30 seconds, rest briefly and repeat for 30 seconds.

3. REAR LUNGE WITH ROW
   Holding dumbbells (5-15 lbs) step one leg back into a straight leg lunge, tip forward, back flat and row the weights up. Step back and do the move on the other side.
   Repeat for 60 seconds.

4. DIPS WITH LEG EXTENSIONS
   On a step or bench, lower into a dip and, as you push up, straighten the right leg and reach left hand towards toe. Lower and repeat, alternating sides.
   Repeat for 30 seconds, rest and repeat for 30 seconds.

5. PLIE SQUAT WITH CHEST SQUEEZE
   Stand with the feet wide and hold a med ball (4-8 lbs). Squeeze the med ball as you squat and keep pressure on the ball as you stand. Do 4 regular squats and then 4 jumping squats.
   Repeat for 60 seconds.

6. STEP OUT ARNOLD PRESS
   Holding the weights at chest level with palms facing in, press the weights up as you rotate the hands out. Step out and as you step together, rotate the weights up, then step to the other side. Repeat for 30 seconds, rest and repeat for 30 seconds.

7. SIDE LUNGE WITH ROW
   Hold a weight (8-15) in the right hand and lunge out to the left, right leg straight. Push up, lifting the left leg while pulling the weight towards the torso.
   Repeat for 30 seconds on each side.

8. DEADLIFTS TO OH PRESS
   Hold weights (3-15 lbs) and tip from the hips, knees slightly bent. Lower the weights towards the feet then, as you come up press the weights overhead.
   Repeat for 60 seconds.
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KICK WITH TRICEPS EXT
Hold a weight (5-15 lbs) in both hands straight overhead and kick straight up with the right leg. At the same time you kick, straighten the arms in a triceps extension.
Repeat for 30 seconds on each side.

SIT AND STAND
Hold your heaviest weight and stand in front of a chair. Bend the knees and squat, barely sitting on the chair. Stand up and press the weight overhead.
Repeat for 60 seconds.

WIDE SQUAT BICEPS CURL
With feet wide, hold dumbbells (5-15 lbs). Lower into a squat and, as you stand up, curl the weights up. For more intensity, you can jump the feet out and in.
Repeat for 60 seconds.

SIDE TO SIDE MED BALL LUNGE
Hold a med ball or weight with feet wide and toes out at an angle. Bend the right knee and lunge to the right, sending your butt back to protect the knee. Reach the ball as low as you can. Stand up and repeat on the other side for 60 seconds.

MOUNTAIN CLIMBERS
In a pushup position, run the knees in and out as quickly as you can, alternating sides. Touch the toes to the floor with each run or keep them in the air.
Repeat for 8 reps, rest and repeat for 60 seconds.

PLANK WITH KNEE PRESS
In a plank position, on the elbows (or hands) and knees (or toes), tap the knees to the floor and then lift back into a plank.
Repeat for 60 seconds.

PUSHUP
Start on all fours with hands a bit wider than the shoulders. Walk the hands forward until your back is flat and pull the abs in. Staying on knees or up on the toes, bend the elbows and lower into a pushup, as low as you can go. Push back up and repeat for 30 seconds, rest briefly, then repeat for 30 seconds.

Repeat the entire circuit 1-3 times and then cool down and stretch!

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