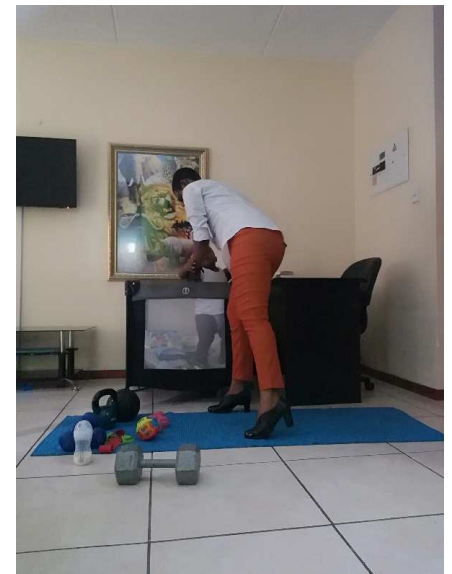


BOSS MOM, BUSY MOM

15 MINUTE AT HOME WORKOUT TRAINER

ENERGY FITNESS BY MASOMZA @MASOMZA



Can you really get an effective workout in 15 minutes?

Absolutely yes!

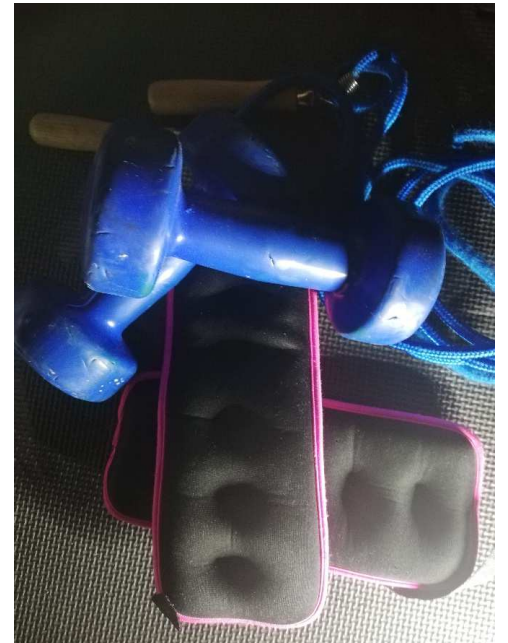
In this trainer I have combined High Intensity Interval Training (HIIT) with Metabolic Strength Training (MST) to give you the most bang for your buck.



In this trainer you will need:

- 1. A set of dumbbells – If you do not have dumbbells, use water filled water bottles, bricks or just stick to using your own body weight.**
- 2. Jump rope - Within the programing I will provide alternatives if you do not have jump rope.**
- 3. Ankle weights – If you don't have these at your disposal, your own bodyweight will do.**

NO EXCUSES



**IF YOU ARE UNSURE ON
HOW TO EXECUTE AN
EXERCISE REFER TO
THE EXERCISE GALLERY
FOR DEMONSTRATIONS**

WARM UP ROUTINE

- 1. 10 Squats -**
- 2. 10 Jumping jacks -**
- 3. 20 steps jog in place -**

1ST 15 MINUTE WORKOUT

DUMBBELL STRENGTH

Squat to single leg raise to single arm press * 10 total

Alternating dumbbell swings * 15 total

Curtsy lunge to dumbbell straight curl * 10 total

Renegade row * 10 total

Dumbbell punches * 20 total

Repeat circuit 3 times and call it a day.

*HAVE YOUR DUMBBELLS IN
YOUR HANDS AT ALL TIMES
FOR ALL 5 EXERCISES*

*TAKE LITTLE TO NO REST
UNTIL THE END OF THE
WORKOUT*

2ND 15 MINUTE WORKOUT

ANKLE WEIGHT HIIT

Set a timer for :

50 Seconds of work, 10 seconds rest repeat 3 times

High knees

Jumping jacks

In and out jump squat

Side shuffle to knee raise

Half burpee

**HAVE YOUR ANKEL WEIGHTS
ON THROUGH OUT THIS
WORKOUT SET**

3RD 15 MINUTE WORKOUT

JUMP ROPE CARDIO

2 Minutes jump rope

30 seconds mountain climbers

2 Minutes jump rope

30 seconds Sit-ups

Repeat entire sequence 3 times through. No rest in between exercises.

*ALL YOU NEED IS JUMP
ROPE.
IF YOU DO NOT HAVE JUMP
ROPE, DO HIGH KNEES/
JUMPING JACKS*

4TH 15 MINUTE WORKOUT

FULL BODY CONDITIONING

Dumbbell fly to leg raises * 10 total

Half burpee to jumping jack * 10 total

Curtsy lunge to floor touches * 10 total

Back lunge to curl push press * 10 total

Lateral lunge with front press * 10 total

Repeat circuit 3 times and call it a day.

*HAVE YOUR DUMBBELLS IN
YOUR HANDS AND ANKEL
WEIGHTS ON FOR ALL 5
EXCERCISES*

*TAKE LITTLE TO NO REST
UNTIL THE END OF THE
WORKOUT*

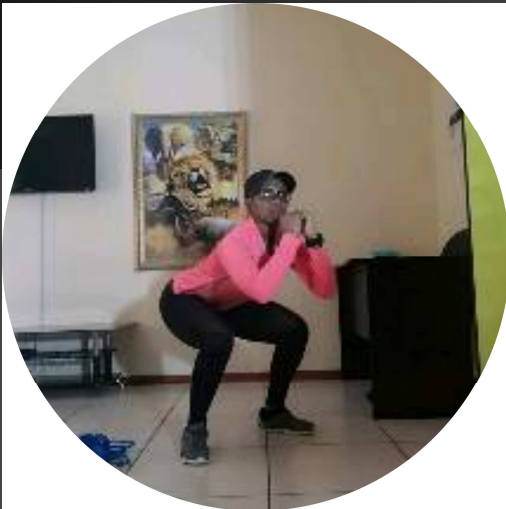
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EXERCISE GALLERY

BOSS MOM, BUSY MOM

WARM UP ROUTINE

SQUATS



JUMING JACKS

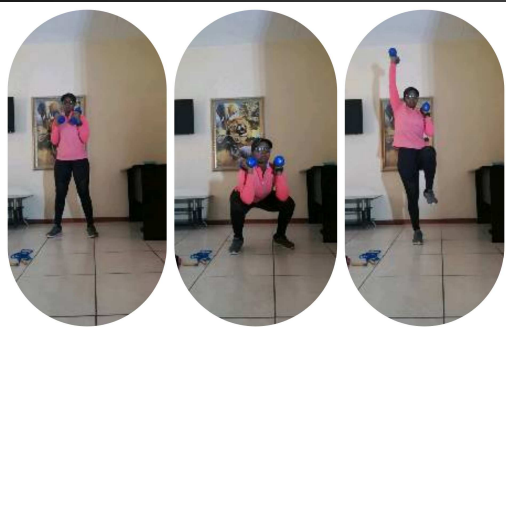


JOG IN PLACE

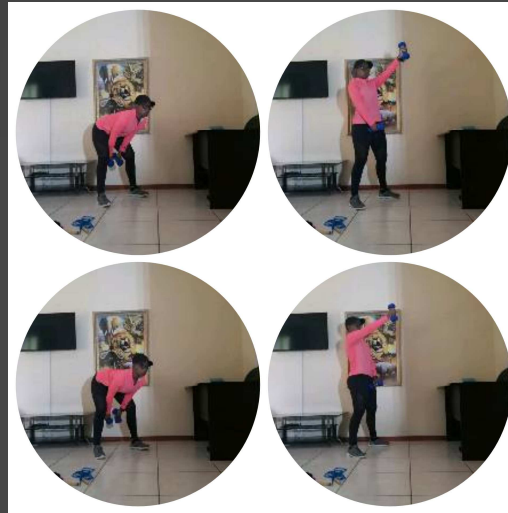


DUMBBELL STRENGTH (1 / 2)

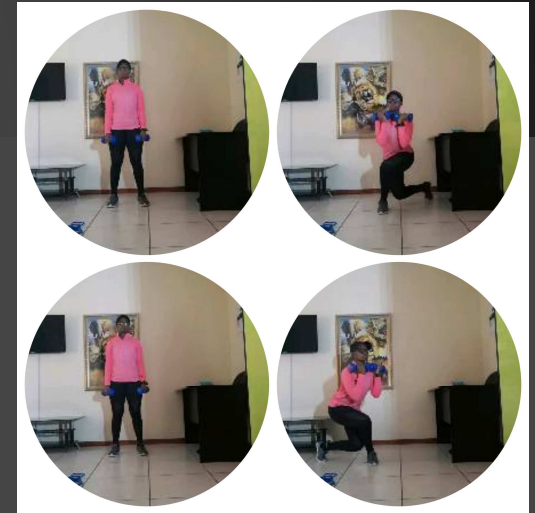
Squat to single leg raise to single arm press



Alternating dumbbell swings



Curtsy lunge to dumbbell straight curl



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DUMBBELL STRENGTH (2 / 2)

Renegade row



Dumbbell punches



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ANKLE WEIGHT HIIT (1 / 2)

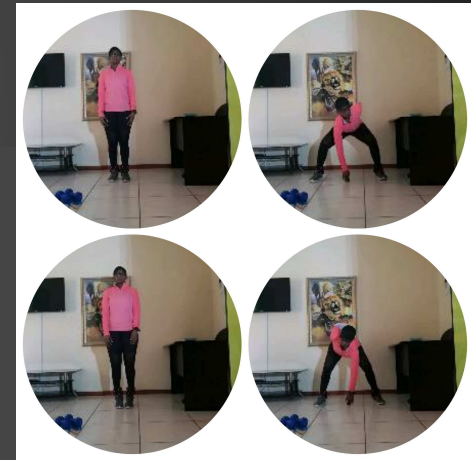
High knees



Jumping jacks



In and out jump squat

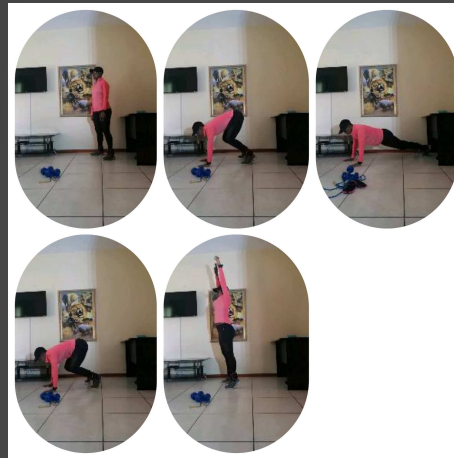
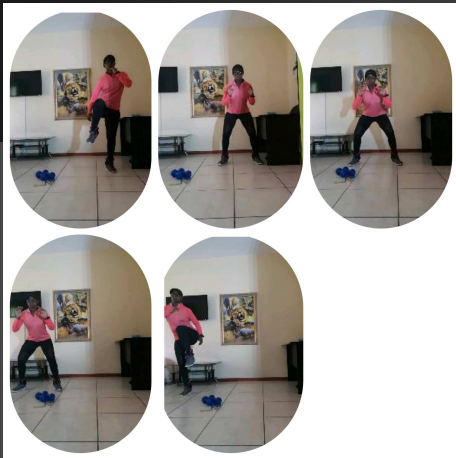


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ANKLE WEIGHT HIIT (2 / 2)

Side shuffle to knee raise

Half burpee



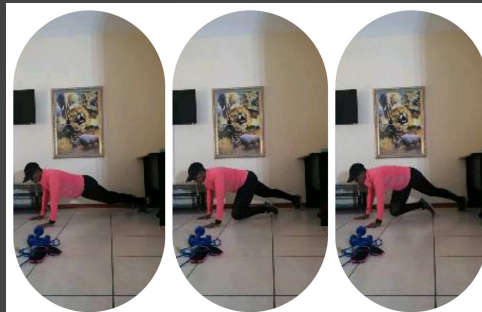
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JUMP ROPE CARDIO

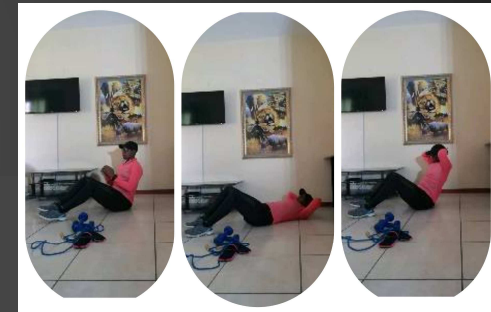
Jump rope



Mountain climbers

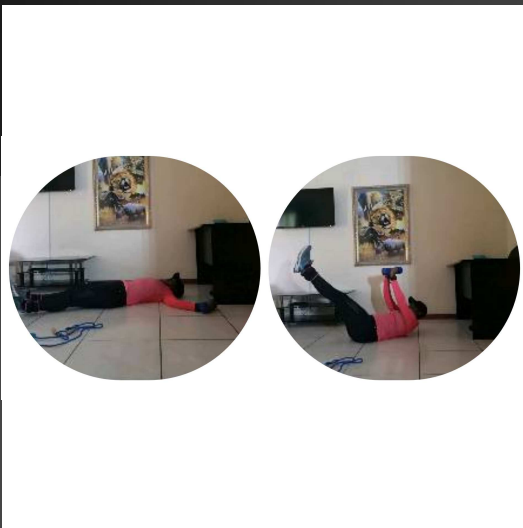


Sit ups

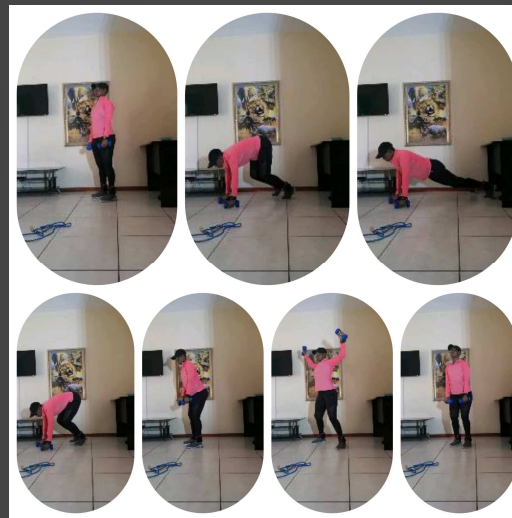


FULL BODY CONDITIONING (1 / 2)

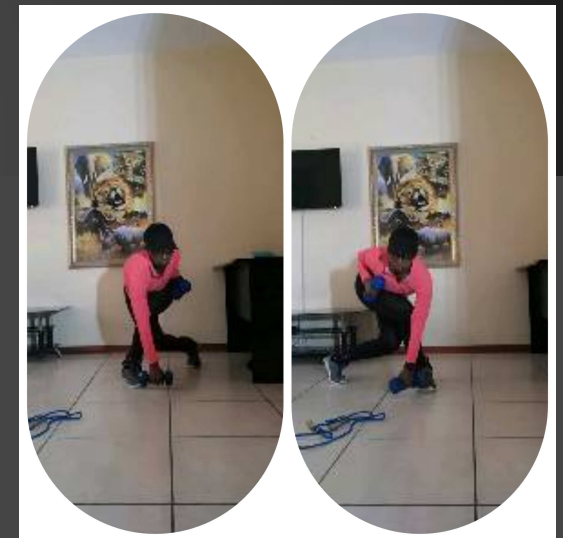
Dumbbell fly to leg raises



Half burpee to jumping jack



Curtsy lunge to floor touches



FULL BODY CONDITIONING (2 / 2)

**Back lunge to curl
push press**



**Lateral lunge with
front press**

