

# The Momentum No Excuses Workout™

This 6-minute exercise combo is a great total body workout

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Pressed for time? Having trouble fitting in a full workout today? The No Excuses Workout™ is a 6-minute session that exercises every major area of your body. Whether you are at home, in the gym, or on the road, here is a workout that you can do several times a week.

Before beginning these exercises be sure to warm up for 5 minutes. Walk, jog in place, or jump rope – any activity is fine as long as you don't overdo it. This means that your perceived exertion rate during the warm-up should be 5 on a scale from 1 to 10. ("1" is the exertion it takes for you to sit on the sofa and at "10," you've just passed out). Never go above a perceived 8.5 exertion while doing this or any workout.

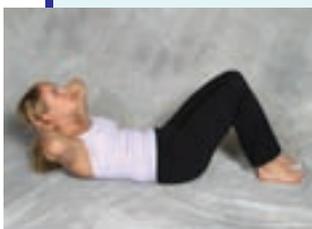
## CHEST, SHOULDERS, BICEPS, CORE



### **PUSH UPS – do 15 and you're finished!**

Place your hands on the ground directly below your shoulders. Be sure to keep a straight line from your head, through your hips, and to your knees. Inhale as you go down and exhale as you come up. Pay attention to your form, making sure that your back is not arched and that your butt is even with your shoulders. You may also do these push ups with your knees, rather than your ankles, on the ground.

## ABDOMINALS



### **CRUNCHES – 15 solid crunches is all it takes!**

Lie on your back and bend your knees at a 45-degree angle with your feet flat on the floor. Place your hands across your chest or let them lightly support your head and neck. Lift your upper torso off the ground using your abdomen muscles. Look at the ceiling or sky, relax your neck and exhale as you come up. Don't rise past a 45-degree angle and hold for 3 seconds at the top.

## LOWER/UPPER BACK, GLUTES



### **BACK EXTENSIONS – strengthen your back in 15 repetitions!**

Lie face down on the floor with your arms out to your sides. Using your lower back, lift your upper body off of the ground about 3 inches while simultaneously lifting your legs. You can rotate your hands counter clockwise to work your upper back. You should lift your upper body and legs as one unit, and rotate your hands to exercise your upper back. Remember to relax your neck and look down as you come up.

## QUADS, GLUTES, HAMSTRINGS



### **MOMENTUM LUNGES – just 15 lunges and you'll feel the burn!**

Stand up straight with your hands on your hips. Step forward with your right foot into a lunge position. Be sure to come forward just a few feet, making sure that your right knee does not go forward beyond your right toes. If it does, you have stepped too far forward. Maintain a "proud chest" with your upper body upright at all times.



The Momentum Fitness & Weight Loss System combines a 6-, 12-, 18-, and 24-minute No Excuses Workout with Interval Training techniques and a common-sense approach to nutrition and health. Find out more about the Momentum System at [www.momentumFS.com](http://www.momentumFS.com)