

THE DAILY 100

There will be days when you can't afford to exercise for a whole hour or even 30 minutes. On days like this, you need a short but effective workout that you can finish in 10 minutes or less.

Our Daily 100 Workout is a simple but effective workout you can finish under 7 minutes.

(And if you can spare more than 7 minutes a day I will show you on how to increase the duration of your routine to 15-30minutes per session).

I recommend you do the workout as soon as you wake up in the morning because it will be over in 7 minutes or less. You can even do it in your pyjamas if you want.

The Workout

There are five basic exercises in the routine and you will do 20 reps of each exercise (in case you don't know what a rep means, it means the number of times a particular exercise should be performed).

Listed below are the five exercises

20 Squats

20 Lunges

20 Jumping Jacks

20 Push-Ups*

20 Crunches

Depending on how fast you go from one exercise to the next one, you should be able to finish the routine in about five minutes.

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***Any style of push-up is allowed. You can do Wall Push-Up, Tabletop push-up, Kneeling Push-Up or Standard Push-Up. Choose the Push-Up style that is appropriate for your current fitness level and do your thing.**

Want to take it up a notch?

If you can spare more than 7 minutes and you want to challenge yourself, please feel free to do so by repeating the routine 3-5 times.

Doing 3-5 rounds will give you a total of 20-30 minutes workout. In fact, I want to encourage you to repeat the routine at least 2 times per session if you can afford to.

I believe you can do it if you try. Just go as fast as you can and as slow as you need to. It's your workout, when you finish is when you finish.

How often you should do the Daily 100 Workout

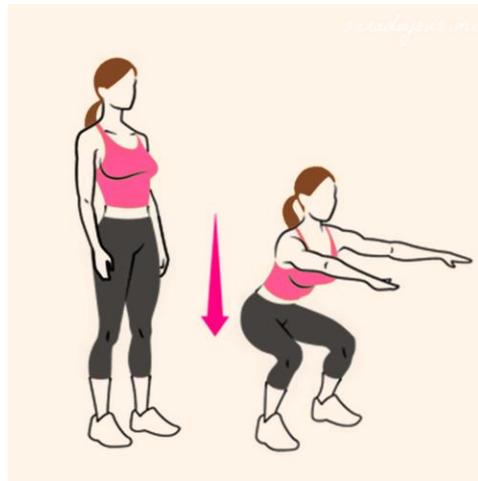
If you are beginner exerciser I recommend you shoot for 5 times a week, and if you are an advanced exerciser I suggest you use the routine as a finisher on your training days. Do one round if you are using it as a finisher.

How long you should follow Daily 100 Workout

All the five exercises in the workout are basic movements you will see in most exercise programs. Therefore, you can do the routine for as long as you want, but I will recommend that you don't do it for more than 30 consecutive days to prevent boredom.

Exercises and Instructions

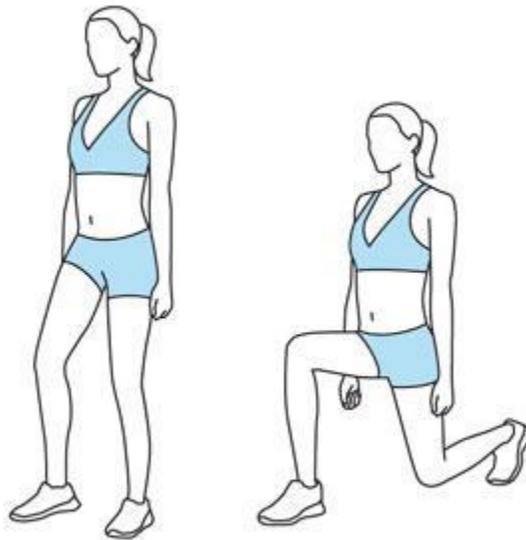
Squat



Step A: Stand with your feet hip-width apart. Keep your heels in contact with the floor and shift your weight back on them so that you can easily lift your torso

Step B: Bend your knees to about 90 degrees, reach back with your hips as if you are going to sit down. Draw your navel toward your spine, and keep leaning forward slightly with your torso. Push through your heels to return to the starting position. That is 1 rep.

Lunge



Step A: Stand with your feet together, and shift your weight to the left leg.

Step B: Step forward with your right leg and bend both knees so that the right knee is almost touching the floor, its heel up, and the left knee is directly over the left ankle. Push through the heel of the front leg to come up. Switch legs and repeat on the other leg. One lunge is 1 rep.

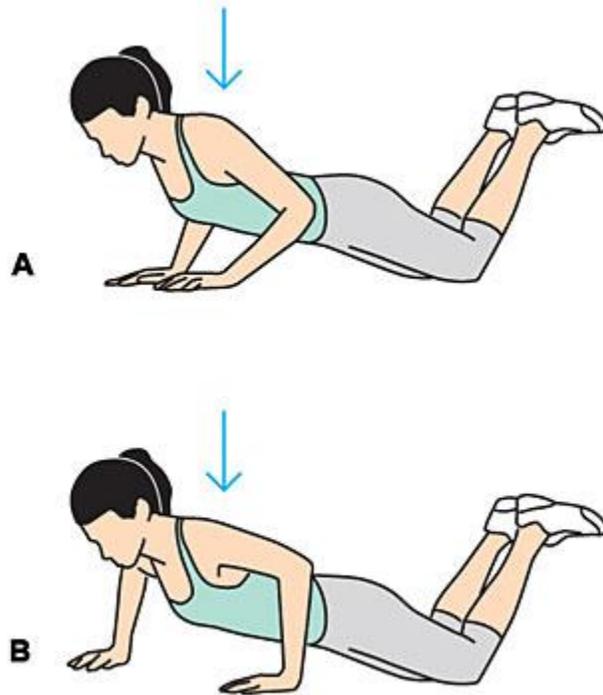
Jumping Jack



Step A: stand with your feet together, arms by your side, knees soft.

Step B: Jump out to the side with both feet and simultaneously raise your arms above your head. Jump back to the start position as you bring your arms down to your side. That is 1 rep.

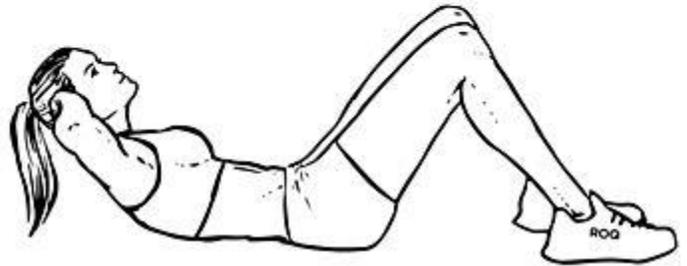
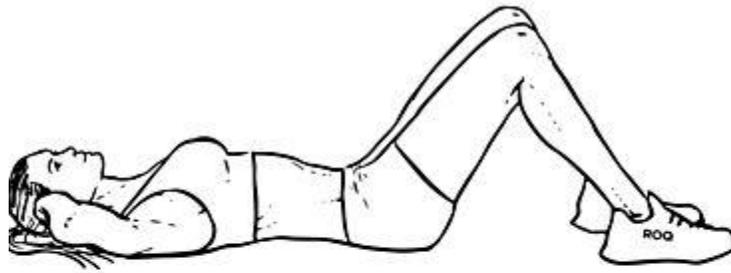
Modified Push-Up



Step A: Knee on the mat with your arms slightly wider than the shoulders, palms facing down and fingers pointing forward. Drop your hips and shift your weight into your arms, keep your abs tight.

Step B: Bend your elbows as you lower your chest towards the floor. Straighten your elbows to push yourself back up. That is 1 rep

Crunch



Step A: Lie on your back with your knees bent and feet flat on the floor, hip-width apart. Place your hands behind your head so your thumbs are behind your ears. Keep your elbows pointing to the sides and slightly tuck your chin into the chest

Step B: Curl up by lifting your head and shoulder blades off the floor. You should avoid pulling your neck when you curl up. Hold for 2-3 seconds at the top of the movement before you slowly lower yourself back to the floor. That is 1 rep.

Have fun with the workout.