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Workout for the average joe

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Disclaimer: I am not a normal person.

As an athlete on the Iowa State cross-country team, I run a minimum of 70 miles each week. I’m also a member of the track team, so that treasured “off” season so many athletes talk about — yeah, I’ve never experienced one of those. With yearlong training and competing, I needed a go-to workout that is ideal for off days from practice, or on busy days when school and life get the best of me.

I wrote a workout that anyone can do, and I’m sharing it.

Before you shut down this article, or assume the workout will be too hard, trust me!

I relate to not feeling motivated. I don’t enjoy every mile I run. So, on those tough days I simplify fitness.

At the heart of a good health and fitness routine is consistency. You don’t have to make a major life change for health improvements. There is no need for sexy workout gear and I definitely don’t encourage throwing out the beer and brownie mix from your pantry. So, here is fitness — super simplified.

1. **Consistency**
   Working out for 20 minutes each day is better than working out for one hour, one day a week.

2. **Variety**
   Don’t feel pressured into committing to a label of “runner”, “yogi”, “biker”, or “lifter.” Try new activities.

3. **Prioritize**
   Maybe a job takes priority in your life or friends or an internship. I get it. So instead of feeling guilty for not prioritizing health and fitness every hour of the day, simply prioritize your body for 30 minutes. Then, move on with everything else that is most important to you.

4. **Don’t buy in.**
   Blender bottles, protein shakes or supplements don’t give you a good body — it’s the exercise you do. If your main goal is just to run at the gym five days a week, then run five days a week at the gym. Save money and ditch the fitness products.

5. **Do You**
   Plug in and listen to your favorite podcast. Wear some retro, vintage gear or show off that thigh tattoo. Make working-out an enjoyable part of your day.

Fitness is simple. We are bombarded by hardcore phrases surrounding fitness such as no excuses, just do it, etc. The intense environment at the gym might drive us away but it doesn’t need to. All we need is a fitness formula, a workout we plan on completing in a certain amount of time. This workout emphasizes consistency, incorporates variety and requires less than an hour each day.

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**The Workout:** 30 minutes

- **Run/Bike/Elliptical** – Choose Two
  - 15 minutes of first pick
  - 15 minutes of second pick

  **First exercise:** Five-minute warm up
  - 10-minute workout (One minute hard/One minute easy)

  **Second exercise:** 10-minute workout (One minute easy/One minute hard)
  - Five-minute cool down

**Directions:**
The first five minutes of the first pick is warm-up and last five minutes of second pick is cool-down.

For the remaining 10 minutes of the first pick after the warm up, increase heart rate by going hard for one minute and then going easy for one minute, repeat five times for the full 10 minutes.

Then, hop on the second machine pick.

Begin with one minute easy to warm-up into the new exercise. Then, go one minute hard, one minute easy for nine minutes.

You should end on one minute hard before the five-minute cool down.

Adapt this workout for any two exercises, or for a 30-minute walk/run.

**Stuck at home?**
Pick five of your favorite body weight exercises such as pushups, sit-ups, plank, squats and lunges. For the warmup, I recommend an old-school elementary throwback exercise: jumping jacks.

**Warm up:** One minute of jumping jacks

**Workout:** Spend six minutes on each exercise alternating one minute doing the exercise, one minute resting. For example:
- 1 minute of plank, 1 minute rest, 1 minute plank, 1 minute rest, 1 minute plank, 1 minute rest, then move onto the next exercise.

Between each exercise, do one minute of jumping jacks for increased heart rate.
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Enjoy!
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