

FAST FITNESS

20
WORKOUT
ROUTINES
INCLUDED

**SHORT WORKOUTS,
FOR WHEN YOU'RE SHORT ON
TIME**

BY PAUL LEVITIN



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INTRO

In thirty minutes or less, you can get a pizza delivered, an Uber can take you across town, or, depending on the city you live in, Amazon can drone deliver toilet paper to your front door.

Indeed, we truly are living in amazing times. Technology has changed everything about our society. While it is impossible to pinpoint and quantify exactly which part of this technological revolution has had the biggest impact on us, one thing is for sure: times have changed.

I mean that in the literal sense, the world we live in as I write this in 2018 is completely different from thirty, twenty, or even ten years ago. I also mean times have changed though, in the way that we look at time.

We live in an age of instant gratification. Time is the most valuable asset we have. We are always looking for the faster route, the quicker shipping option, a way to multitask to get more things done at once. It is safe to say, I think, that people value their time very highly.

That is why I created this book. They say time is money, but that is wrong. You can make more money, you can save it, hell, you can even steal it. You do not have that option with time. You only get every second, every moment, one time.

Right now, you are using your time to read this. So first I'd like to say, thank you. It is my hope that the knowledge you gain from this book will repay your time investment in multiples, by how much it will be able to save you.

Read on to see how you can take control of time, and use whatever little of it you have to get moving, get fit, and get healthy!

WHO?

Who is this book for?

When writing this book, the person I had in mind is the average Joe or Jane. You do NOT need to be an avid weight lifter or exerciser already.

If you have some base of fitness already, that's great. You will be able to hit the ground running with the workouts provided in this book, and take on some of the tougher ones.

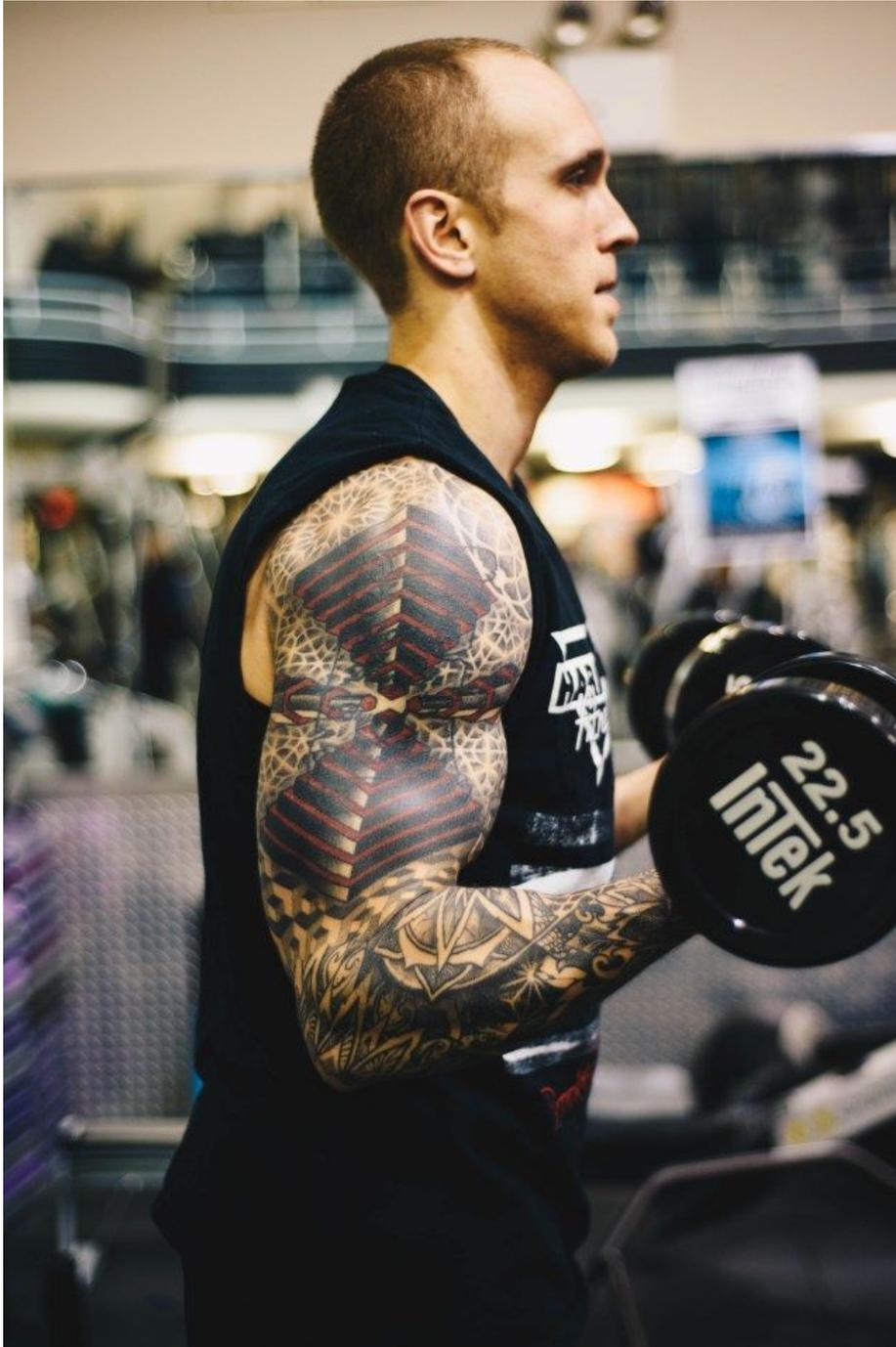
If that is not you though, don't worry.

This book is for you if: you are a busy professional who is drained from your nine to five, which is always somehow actually an eight to seven. Or if you are a stay-at-home mom or dad, who is lucky to find fifteen minutes to themselves a few times a week. Or you are a recent graduate, who is finding that balancing your work and life schedule is a little more complicated than you had once anticipated.

This book is for anyone who is ready to stop making excuses, and start to take control of their life. To take the time to learn, and then to put in the work.

There are no tricks or gimmicks here. What I am going to give you will require hard work and effort. It's not a "short cut," "quick fix," or any other "magic pill" you might find on the internet.

However, by the end of reading this e-book, you will be equipped with the tools you need to fight off the freshman fifteen, the dirty thirty, and every other pound that has found its way to your belly over time, but for some reason, never found its way off.



WHY?

As I alluded to earlier, there is no trickery here. No magic pill, no miracle cure. While this is good, since those things don't actually exist, it also might be a little disappointing. I mean, if it isn't going to be easy, well then through a simple process of elimination, we can safely assume that it is going to be hard.

Indeed, the solution to your problem is going to come through hard work, dedication, and *gasp* EXERCISE!

Why? Why exercise? Why work out? Why lift weights? Why run? Why do any of it?

Although the health benefits of consistent and regular exercise have been known for millennia, they have only begun to be endorsed by the general population for about the last half a century or so.

Exercise can help fight obesity, heart disease, diabetes, high blood pressure, bone density loss, anxiety, depression, even Alzheimer's disease. All of these are issues that plague our society, leading to poor health, and even death. These problems cost billions of dollars, and they are only getting worse year after year.

Then there are also the obvious, more superficial benefits of exercise. Weight loss, muscle gain, strength, endurance, stamina, better sport performance. All of these would be considered very good things, that if asked, the average person would probably say they would like to have.

You already knew all of that though, right?

The question then isn't why, it's why not?

Why, with all of this being said, with all of this information which is common knowledge to everyone, is it so hard to get people up and moving? We want to lose weight, we want to be strong, we want to look better. We want to have a longer life, to be more active into old age, to have less of a chance of suffering from heart and other diseases. We know, that exercise can help accomplish all of these goals, and yet, most people just, don't.

While this may have been you in the past, not any more. You have downloaded this e-book, and taken action. You know you want make a change. The journey of a thousand miles starts with a single step.

If you know something is good, you know it's what you should be doing, you know you want the benefits and results you get from doing said thing, then what's the hold up? Like Nike says, JUST DO IT!

I'm joking (kind of). In reality, I know that everyone has lives, and responsibilities, and reasons for doing (or not doing) what they do.

There will always be infinite reasons NOT to work out. Some are more obvious than others. Work, family, scheduling, etc. Responsibilities in life that take you this way or that, we can only focus on so many things at a time after all.

Then, there are deep social, societal, and psychological reasons that are much more complex. Think, self-esteem, self-worth, and other “internal drivers,” that keep people from wanting, or being able, to change.

So yes it is safe to say, that the argument of “just do it,” is much easier said than done.

In my years as a health and fitness professional, I have posed this question many times, in many different ways. Sometimes it’s “why?”, or “why not?”, or maybe “tell me what’s holding you back?” or “what is standing in between you and your goals?”. No matter how it is phrased, far and away there are two answers that I get more than any others as to why people are not exercising.

Can you guess what they are?

The top two excuses... errrr, I mean “reasons” that I get whenever I ask someone why they aren’t exercising, even when they know they should be, are....

“I don’t have time”

and/or

“I don’t know what to do/where to start”

Surprised? I doubt it.

If you're reading this, I'd be willing to bet you've found yourself saying either one, or both of these things at one time or another. Hell, I know I have said them myself. If you have, that's ok. Like I said, this is stuff I hear from EVERYONE. The important thing is, you're here, reading this. Which means you're trying to do something about it. That's awesome, go you!

You are being proactive, and taking your life back into your own hands. No sitting around, month after month, year after year, as your pants get a little bit tighter, and every set of steps begins to look a little more daunting. You're not going to wait around for your doctor to tell you you HAVE to start working out. You are going to get to work.

You have questions, I have answers. In the next section, I am going to outline for you the steps you need to take, and give you everything you need to get to work today, so you'll never be able to use "I don't have time," or, "I don't know where to start" as an excuse.

HOW?

How are we going to do this? How is this time going to be different from all the other times you decided to get in shape, but never quite made it there?

Well, the best way to ensure your success in any endeavor, is to preemptively get rid of any roadblocks that could pop up and get in your way.

As a fitness and nutrition coach, I am in the business of getting rid of excuses. Regardless of how valid they may be or may not be, they are only going to stand in your way.

I am going to show you exactly why “I don’t have time” and “I don’t know what to do,” are not valid excuses, and you will have that many less roadblock that you will have to navigate around on your journey to success. Good news for you, bad news for your dad-bod.

A big reason people think that “I don’t have time” is a valid excuse, is that they think that to be fit, you need to dedicate countless hours to a grueling workout routine. They think you need to be pumping iron for hours upon hours, day after day, like those giant gym rats wearing stringer tank-tops and carrying gallon jugs of water, or slaving away for an hour on the treadmill every night after work.

When you think that is the only way, it’s understandable to be put off. Who the hell has two hours a day every day of the week to dedicate to the gym? After all, it’s not your job. Then you might think, if you can’t do it right,

might as well not do it at all, right? What's the point if you aren't going to be able to get all the results?

With working out, as with just about everything in life, things are rarely ever "this or that." Everything is not black or white, but rather shades of grey.

Would you get awesome results if you were able to put in two hour workouts, five days a week, every week, week after week? Yes, sure, you probably would. Does that mean that if you can't do that, you should give up? Most certainly not.

I am here, and quite happy to tell you, that none of the assumptions posed above are correct. You can (and some might even argue, should) get an awesome, effective workout in thirty, twenty, or yes even ten minutes.

In fact, a recent study found that short, efficient workouts, can be equally as effective for gaining strength as longer ones. Emphasizing what I, as well as other fitness professionals have preached for years, that more is not always necessarily better.

One key thing you have to understand and remember about fitness, is that it is cumulative. Every bit counts, and every drop helps fill the bucket. Meaning, the mentality of "I only have a half hour, I can't get a good workout in, what's the point?" or "I can only make it to the gym once a week," is exactly what is shooting you in the foot.

Oh, you can only make it to the gym one time per week? The only thing that means, is that you're getting just one workout this week. That's it. There is no rule, no minimum threshold. You do what you can do, because that's all you ever can do.

Be a realist, not an idealist. Work with what you have.

What it really comes down to, is your goals. What are you looking to achieve? I'm not going to sugar coat things. I am not going to bull-shit with you. I'd like to think that is part of the reason you're reading this, because you know that I am going to shoot you straight.

Are you going to become the next Kai Green or Dexter Jackson from doing ten minute workouts a few times a week? Unfortunately, no.

Will you though, become more active, stronger, lose some weight, gain some muscle, and become an all around more fit and healthy person? In my best Hulk Hogan voice, "Oh yeah brother!"

What if your goal IS to become big and huge though? Or more shredded than a bag of part skim mozzarella? Short workouts have to be useless then right?

Not so fast! As I said before, is this going to be the same as two hour workouts, five times a week? Certainly not. However, if being truly jacked, chiseled, huge, shredded, or any other euphemism for "strong" is a goal you have in mind, you've got to start somewhere, right?

Rome was not built in a day, and neither is an impressive physique. Understand, and accept, that if you want to meaningfully change your body, it's going to take time. With that being said, the workouts included in this book can be an excellent jumping off point for you.

They are a great place for you to learn some of the basics, and build the necessary foundational strength and fitness that you will need, should you decide to become more serious about lifting down the road.

What we (you, I, and everyone in the fitness industry) need, is a complete mind shift. We need to be glass half full, not half empty. Instead of thinking "I can only dedicate twenty minutes two times a week, that's not enough time," what you need to be saying is "this is how much time I have, how can I use it most efficiently".

That brings us to the second problem posed, "I don't know what do to/where to start." Trust me, I get it. The gym floor can be scary place. There are hundreds of machines, and they all look like medieval torture devices. It's loud, there is music blasting, and clanging and banging going on everywhere. The extent of your exercise knowledge probably lies somewhere around "I know bench press is for chest, and I heard squats are good."

So you do what everyone does. You make your way around to a few machines, you do a few things, maybe lift a few dumbbells. One thing is too hard, one thing is too easy, some things make sense, some make none. The

next day you either feel like you did nothing at all, or you're so sore that you can't get out of bed for two whole days.

The problem is, you don't have a game plan. Ask the most seasoned athlete, powerlifter, bodybuilder, or any other veteran of the iron paradise, and they will tell you the same thing: "Fail to plan, plan to fail." If you don't know what you are going to do that day before you step foot in the gym, at best you are going to have a shitty workout, at worst you are going to get nothing accomplished and completely waste your time.

That my friend, is why you are here. I have included in this book twenty different workouts. They cover the full gambit, ranging full body, upper, lower, specific body parts, and more. The workouts are all made so that they can be completed in under thirty minutes. Some can be completed in as little as ten.

Make no mistake though, these are still very tough. If you follow the instructions you will work hard, you will sweat, and you will get an awesome workout in less time than it takes to get takeout delivered to your door.

Workouts will be broken down by movement, and will have specific instructions for what to do, work, reps, sets, and rest times. I will also link to video instructions for any movements that I think might be confusing or out of the ordinary.

The workouts will also be labeled with a G for "gym", or H for "home". "Gym" workouts will require weights or some other form of equipment. If you have the space/equipment/ability to do these at home, have at it. "Home"

workouts will use only bodyweight. Obviously, they can be done at home, on the go (these are great for hotels/while traveling), or at a gym if you'd like.

Lastly, these workouts are made to be short, and quick. However don't let that box you in. Find yourself with a little more time one day, want to give it a little extra? Get creative! Mix a longer upper body and mid length lower body, and you've got a nice long full body workout.

Or take a strength workout, and toss in a conditioning circuit at the end, and you'll have worked your muscles, and burned a ton of calories as well.

Use them as you see fit, do them in order, pick and choose, it's all up to you from here. The possibilities really are limitless!

Alright, enough rambling from me. Scroll down, and check the workouts out. Let's get to work!



PS:

All of the workouts included in this book are complete, full workouts. I use them myself when I am short on time, traveling, or just want to do something quick and keep it simple. With that being said though, I am quite aware that some people will want more.

As I stated earlier, these are great for those at beginner and intermediate fitness levels to build strength and endurance needed to take the next step in your training. What if you are ready for that step though?

Do you want something more, something serious, something that will help you shed even more weight or pack on even more muscle? Then [apply for one on one coaching with me](#). I will help design a program that is tailored for you, and designed to bring your body to the next level.

PPS:

One thing I did not touch on in this book is nutrition. I believe it goes without saying, but nutrition is of utmost importance if you are trying to change your body in a meaningful way. These workouts will help you no matter what, but if you are trying to lose weight or pack on muscle, and your overall nutrition is not under control, you are fighting an uphill battle.

For some general nutrition info, check out my [blog](#) where I have some great articles that can help you get started. For more detailed nutrition help, including exact calorie and macronutrient breakdowns for your specific body and goals, click [here](#) to apply for one on one coaching.

WHAT AND WHERE?

HOME

Up, Down, Around - Full body strength & conditioning (10 min)	
<u>Squat jump</u>	Start each minute with 1 exercise. Repeat every minute for 10 minutes
<u>Inchworm</u>	
<u>Push-up</u>	
<u>Mountain climber</u>	

The Classic - Full body strength & conditioning (10 min)	
<u>Pull-up</u>	Begin each minute with a new move. Do each move with maximum intensity for 45 seconds. Take 15 seconds as a short rest, and to change positions in between moves. Complete all 4 moves, that's 1 round. Rest 1 minute, then complete a second round.
<u>Push-up</u>	
<u>Squat</u>	
<u>Lunge</u>	

Death By Tens - Lower body strength & conditioning (10 min)	
<u>Squat</u>	Complete 10 reps of each (per leg for single leg moves), with no rest in between movements. Complete as many rounds as possible in 10 minutes, resting as little as possible.
<u>Reverse Lunge</u>	
<u>Step up</u>	
<u>Single leg hip thrust</u>	

Booty Blaster - Lower body strength (glute & hamstring focus) (10 min)	
<u>Bulgarian split squat</u>	Complete 10 reps per move (per leg if single leg). Complete as many rounds as possible, resting as little as possible. Try to beat your round record week by week.
<u>Foot elevated single leg hip hinge</u>	
<u>Single leg hip thrust</u>	
<u>Jump squats</u>	

Ladder Up - Full body strength & conditioning (10-15 min)

10 pull-ups	Complete all given reps of one movement before moving on to the next. Rest as needed, but try to rest as little as possible. Record your time, and try to beat it week after week. For an advanced challenge, do one round up the ladder, then complete it in reverse back down.
20 burpies	
30 squat jumps	
40 push ups	
50 bicycle crunches	

The Traveler - Core & legs, strength & conditioning (10 min)

Plank	30 seconds each move, no rest in between. Rest 45 sec between rounds, complete 3 rounds.
Walk-up	
Mountain climber	
Squat	40 seconds on, 20 seconds rest, 2 round each
Reverse lunge	

The Soul Crusher - Conditioning & lower body strength (G - 10 min)

Battle rope waves	Perform each move with max intensity for 30 seconds. Rest briefly for 15 seconds while you change positions. Rest 45-60s when you complete one full round. Complete 3 rounds.
Jump lunges	
Ball slams	
Jump squats	

Never Skip Leg Day - Leg strength & hypertrophy (20 min)

Exercise	Sets/reps	Rest	Notes
Goblet squat	2/15 2/10 2/8	1.5m	Increase weight as you decrease reps
Reverse lunge	3/10	1m	
Dumbbell stiff leg deadlift	3/10	1.5m	
hamstring curl	3/15	1m	Slow 3 second eccentric (lowering) phase
Squat jump	3/20	1m	

Hang On For Dear Life - Full body strength & conditioning (10 min)

Kettlebell overhead press	Choose a light weight. Perform 10 reps of OHP, then, holding the the weight at your side perform 10 walking lunges (5 per leg). Without placing the weight down, perform 10 bent over rows. Turn around, and perform 10 more lunges back to where you started. Start again. The goal is to perform as many cycles as possible in the 10 minutes, without putting the weight down
Walking lunge	
Bent over row	

Push-Pull Power - Full body strength (10-15 min)

Dumbbell front squat	With DBs in front rack position, perform 10 squats, then without putting the weight down, perform 10 overhead press. Rest 45 sec, perform 3 rounds
Overhead press	
Stiff leg deadlift	With back straight and DBs in hanging in front of you, perform 10 SLDL, then, hinge forward at the hips, keeping the back flat, and perform 10 rows. Rest 45 sec, perform 30 rounds
Bent over dumbbell row	

Kettlebell Crusher - Lower body strength & conditioning (10 min)

Kettlebell deadlift	Chose a light to moderate weight. Perform each move for one minute, flowing directly into the next move without rest. Rest one minute at the end of all 3 moves, that's one round. Complete 3 rounds.
Kettlebell squat	
Kettlebell swing	

GYM

Boulder shoulders - Shoulder strength & hypertrophy (20 min)			
Exercise	Sets/reps	Rest	Notes
<u>Standing overhead press</u>	2/12 2/10 2/8	1.5m	
<u>Side raise</u>	3/12	1m	
<u>Arnold press</u>	3/12	1m	
<u>Steering wheel</u>	2/20	1m	10 "turns" per side
<u>Cuban press</u>	2/10	1m	

Pec Poppin - Chest, shoulders, & triceps strength & hypertrophy (20 min)			
Exercise	Sets/reps	Rest	Notes
Flat barbell bench	2/12, 2/10, 2/8	1.5m	Start with 1-2 warm up sets with very light weight, then start your working sets, increasing weight when the reps drop
Incline dumbbell bench	3/10	1m	
Dips	3/10	1m	Use assist machine or bands if you can't do full bodyweight dips
Push-ups	3/max	1m	

The Old Faithful - Full body strength & hypertrophy (30 min)			
Exercise	Sets/reps	Rest	Notes
<u>Kettlebell deadlift</u>	3/8		1.5
<u>Goblet squat</u>	3/8		1.5
<u>Lat pulldown</u>	3/8		1.5 Can use cable set up or machine
<u>Dumbbell Bench press</u>	3/8		1.5
<u>Bent over row</u>	3/8		1.5

No Wings, All LEGS - Lower body strength & hypertrophy (20-30 min)			
Exercise	Sets/reps	Rest	Notes
a) Single leg leg press	3/10		0 10 reps with one leg, then 10 reps with the other, then 10 reps with both legs, no rest.
b) Regular leg press	3/10	1.5m	
<u>Double lunge</u>	3/10	1.5m	Forward to back is 1. Perform all 10 on one side, then switch
Leg extension	3/15	1m	Slow eccentric (lowering) phase
<u>Hamstring curl</u>	4/10	1m	Slow eccentric (lowering) phase

Spread My Wings and Fly Away - Back & bicep strength (20 min)			
Exercise	Sets/reps	Rest	Notes
<u>Lat pulldown</u>	2/15, 2/10, 2/8	1m	Increase weight as you decrease reps
<u>Single arm DB row</u>	4/10	1m	
Rear delt fly	3/15	1m	Light weight, 2 second pause at the top of each rep
Inverted row	4/max	1m	Can use a bar set to a medium height or a suspension trainer like a TRX

Get Up to Get Down - Upper body strength & hypertrophy (30 min)			
Exercise	Sets/reps	Rest	Notes
a) Lat pulldown wide grip	4/10		0 Wide, pronated (palms facing away from you) grip
b) seated dumbbell overhead press	4/10	1.5m	
a) neutral grip pull-up	4/10		0 Can use assist machine or band assist if cannot do bodyweight
b) <u>dips</u>	4/10	1.5m	
a) <u>rope hammer curl</u>	4/15		0
b) <u>overhead tricep extension</u>	4/15	1.5m	

Blast Off- Upper body strength & hypertrophy (30 min)			
Exercise	Sets/reps	Rest	Notes
A) barbell bench press	4/10	30s	
b) standing bent over row	4/10	1.5m	
a) include dumbbell bench press	3/10		0
b) <u>Prone dumbbell row</u>	3/10	1.5m	
a) <u>incline dumbbell fly</u>	3/12		0
b) <u>prone reverse fly</u>	3/12	1m	
a) push-up	3/max		0 If can't do full bodyweight, place your hands bench or something higher to make it easier
b) inverted row	3/max	1.5m	Use bar set up or TRX

Winner Winner, No Chicken (leg) Dinner - Lower body strength & hypertrophy (30 min)			
Exercise	Sets/ reps	Rest	Notes
Bodyweight squat	3/12	1m	
Kettlebell deadlift	2/10 2/8	1.5m	
Bulgarian split squat	3/10	1m	
Single leg foot elevated hip thrust	3/10	1m	10 per leg. 2 sec pause/squeeze at the top of each rep
Jump lunges	30s on/30s off		5 minutes, or remainder of 30 mins

Your Body Is Your Barbell - Upper body strength & hypertrophy (30 min)			
Exercise	Sets/ reps	Rest	Notes
a) Pull-up	4/10	30s	Use assist machine or band if can't do full bodyweight
b) dip	4/10	1.5m	
a) push- up	4/12	30s	Can use a suspension trainer like TRX, dip bar, or anything that you can grab on to (in a park, outdoors, etc)
b) Inverted row	4/12	1m	
a) <u>TRX tricep extension</u>	4/15	30s	
b) <u>TRX bicep curl</u>	4/15	1m	

BONUS!

Like the workouts? Let me know! Send me an email, and be sure to follow me on [Instagram](#), [Facebook](#), & [Youtube](#)!

Record yourself doing any of these workouts, and upload them to social media with the hashtag #fitfastlb3 , and tag me @lb3fitness, and you'll be automatically entered for a chance to win a free month of one-on-one training with me!

