

One&Done

# ONE MINUTE FINISHERS MANUAL

Target & Tone Your Trouble Spots



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# Welcome to Your One Minute Finishers Workout and Exercise Guide!

What You Need for Your Workouts	4
Tips and Tricks	4
When and How to Exercise	6
Workout Routines	7-13

Hey!

I am super happy you are here because that means you are ready to get toned, with your exclusive follow along **One Minute Finishers Workouts**.

Here, you'll find everything you need to get started right away! Remember, this is only a guide and your follow-along workouts can be found below to download at your convenience.

## What You Need for Your Workouts

The greatest part is that you don't need ANY equipment.

The only things you need are:

- Yourself
- A mat or towel
- A watch (digital or with second hand) or timer
- Water

## Tips and Tricks

There are 3 target areas for the workouts with 4 workouts each – Arms, Core, and Legs & Butt.

## Some Basics

Each set of the One Minute Finishers Workouts is 2 minutes long with:

- 3 x 30 second exercises with 10 second active recovery in between
- The workouts are designed for maximum target and tone in minimum time

## Putting It All Together

Use your One Minute Finishers workouts whenever you want to target and tone certain trouble spots.

For best results, add 2-3 One Minute Finishers sets to your One & Done workout routine.

## How to “Downscale” Each Workout

If you are having a hard time keeping up with the sprint-recover cycle, IT'S OK! I want you to do your best and remember...

...one minute is all you need. Just by giving it your best, you will build a habit structure that will make you MASSIVELY successful in the long-run!

Take your time.

I want you to succeed. If you need to slow down, then slow down, BUT DO NOT stop. Consistency is key, and I want you to do 110% of what your ability can handle. We can build you up!

## How to “Up” Each Workout

Increase the amount of sets. Although you will get amazing results from the traditional One Minute Finishers, you can always increase the number of sets you perform.

Perform 2 One Minute Finishers sets before and after you One & Done workout.

# When and how to do One Minute Finishers

## With the One & Done Workout Program

- Follow your One & Done workout calendar and do 1 One Minute Finishers exercise after your One & Done Workout, before doing the Flow Down. You can choose any one of the One Minute Finishers exercises you like.
- If you have purchased One Minute Abs, follow your One & Done + One Minute Abs workout calendar. Do 1 One Minute Finishers exercise after your One & Done Workout, before doing the Flow Down. You can choose any one of the One Minute Finishers exercises you like.

## One Minute Finishers on their own

If you are doing the One Minute Finishers workouts by themselves, simply do 1 exercise from each category (1 from Arms, 1 from Core, and 1 from Legs & Butt) at a time. Your workout frequency per week will depend on your fitness level.

- At the Beginner Level, you should work out 3 times per week.
- At the Intermediate Level, you should work out 4 times per week.
- At the Advanced Level, you should work out 5+ times per week.

# One Minute Finishers Exercises

## Arms 1

30 seconds of exercise  
10 seconds of active recovery  
Total of 2 minutes for each set  
Repeat 2 times

<b>Exercise</b>	<b>Time</b>
Angel Pumps	30 seconds
Arm Hold	10 seconds
Arm Circles	30 seconds
Arm Hold	10 seconds
Angel Pumps	30 seconds
Arm Hold	10 seconds

## Arms 2

30 seconds of exercise  
10 seconds of active recovery  
Total of 2 minutes for each set  
Repeat 2 times

<b>Exercise</b>	<b>Time</b>
Monkey Pumps	30 seconds
Fist Hold	10 seconds
TYIs	30 seconds
Fist Hold	10 seconds
Tricep Kickbacks	30 seconds
Fist Hold	10 seconds



## Arms 3

30 seconds of exercise  
10 seconds of active recovery  
Total of 2 minutes for each set  
Repeat 2 times

<b>Exercise</b>	<b>Time</b>
Back and Forth	30 seconds
Palms-Up Hold	10 seconds
Forward Claps	30 seconds
Fist Hold	10 seconds
Backward Claps	30 seconds
Arm Rotations	10 seconds

## Arms 4

30 seconds of exercise  
10 seconds of active recovery  
Total of 2 minutes for each set  
Repeat 2 times

<b>Exercise</b>	<b>Time</b>
Prayer Reach-backs	30 seconds
Thumbs-Up Hold	10 seconds
Deltoid Raises	30 seconds
Thumbs-Down Hold	10 seconds
Bicep Curls	30 seconds
Fist Hold	10 seconds

## Core 1

30 seconds of exercise  
10 seconds of active recovery  
Total of 2 minutes for each set  
Repeat 2 times

<b>Exercise</b>	<b>Time</b>
Open Palm Twists	30 seconds
Streamline Hold	10 seconds
Alternating Knee to Elbow	30 seconds
Streamline Hold	10 seconds
Alternate Toe Touches	30 seconds
Streamline Hold	10 seconds

## Core 2

30 seconds of exercise  
10 seconds of active recovery  
Total of 2 minutes for each set  
Repeat 2 times

<b>Exercise</b>	<b>Time</b>
Wide High Knees	30 seconds
High Side Reaches	10 seconds
Side Bends	30 seconds
High Side Reaches	10 seconds
Kickboxer Knees	40 seconds total
High Side Reaches	10 seconds

### Core 3

30 seconds of exercise  
10 seconds of active recovery  
Total of 2 minutes for each set  
Repeat 2 times

<b>Exercise</b>	<b>Time</b>
Wide Helicopter	30 seconds
Isometric Core Hold	10 seconds
Punches	30 seconds
Isometric Core Hold	10 seconds
Streamline Reaches	30 seconds
Isometric Core Hold	10 seconds

### Core 4

30 seconds of exercise  
10 seconds of active recovery  
Total of 2 minutes for each set  
Repeat 2 times

<b>Exercise</b>	<b>Time</b>
Standing Toe Touches	30 seconds
Isometric Back Bend	10 seconds
Standing Wide Knees	30 seconds
Hip Opens	10 seconds
Knees Across Wide	40 seconds total
Hip Opens	10 seconds

## Legs & Butt 1

30 seconds of exercise  
10 seconds of active recovery  
Total of 2 minutes for each set  
Repeat 2 times

<b>Exercise</b>	<b>Time</b>
Hip Press	30 seconds
Hip Press Hold	10 seconds
Squats	30 seconds
Squat Hold	10 seconds
Reverse Lunge	40 seconds total
Lunge Hold	10 seconds

## Legs & Butt 2

30 seconds of exercise  
10 seconds of active recovery  
Total of 2 minutes for each set  
Repeat 2 times

<b>Exercise</b>	<b>Time</b>
Sumo Squat	30 seconds
Sumo Hops	10 seconds
Speed Skaters	30 seconds
Squat Hold	10 seconds
Donkey Kicks	40 seconds total
Shake Out Legs	10 seconds

## Legs & Butt 3

30 seconds of exercise  
10 seconds of active recovery  
Total of 2 minutes for each set  
Repeat 2 times

<b>Exercise</b>	<b>Time</b>
Jump Squats	30 seconds
Sumo Sit	10 seconds
Groiners	30 seconds
Low Sit	10 seconds
Mountain Climber Hops	30 seconds
Reverse Pushup	10 seconds

## Legs & Butt 4

40 seconds of exercise  
20 seconds of active recovery  
Total of 3 minutes for each set  
Repeat 2 times

### SET 1

<b>Exercise</b>	<b>Time</b>
Side Leg Lift	40 seconds total
Streamline Sit	20 seconds
Clam Shells	40 seconds total
Streamline Sit	20 seconds
Up Leg Squeeze	40 seconds total
Streamline Sit	20 seconds

### SET 2 - BONUS

<b>Exercise</b>	<b>Time</b>
Side Leg Lift (1 <sup>st</sup> side)	20 seconds
Clam Shells (1 <sup>st</sup> side)	20 seconds
Up Leg Squeeze (1 <sup>st</sup> side)	20 seconds
Streamline Sit	20 seconds
Side Leg Lift (2 <sup>nd</sup> side)	20 seconds
Clam Shells (2 <sup>nd</sup> side)	20 seconds
Up Leg Squeeze (2 <sup>nd</sup> side)	20 seconds