

One&Done

ONE AND DONE WORKOUT MANUAL

All You Need Is One Minute



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ONE AND DONE WORKOUT MANUAL

This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medical attention.

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Welcome to Your One & Done Workout and Exercise Guide!

What You Need for Your Workouts	4
Tips and Tricks	4
Exercise Calendars	7
Workout Routines	11-18

Hey!

I am super happy you are here because that means you are ready to get lean, with your exclusive follow along **'One-Minute 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 14 One Minute Workouts, 1 Warm-Up Workout, and 1 Flow-Down Workout.

Some Basics

Each of the 14 'One-Minute Workouts' are 10 minutes long with:

- A set 2-minute warm-up
- A 7-minute sprint and recover cycle
- A set 1-minute flow-down

The warm-up and the flow down will be the same for each One Minute Workout, but the sprint and recover cycle will be chosen from a set of **unique combinations for movement**.

These workouts are sprint interval based.

Within the Sprint and Recover Cycle:

- You will perform 20 seconds of sprint interval training (SIT), followed by 2 minutes of active recovery. This cycle is repeated 3 times for a total of 7-minutes.

Putting It All Together

I have linked your warm-up and flow down 4 times, creating 4 unique workouts that have you only performing your SIT for a total of one-minute.

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

Decrease recover time between your sprint intervals, so instead of 2 minutes, take 1 minute of active recovery.

Increase the amount of cycles. Although you will get amazing results from the traditional One Minute Workout, you can always increase the number of sprint-recover cycles that you perform. Instead of 3 cycles, you can increase it to 4 or 5 cycles.

Add small weights to appropriate exercises. You can add weights to things like squats, presses, rows, etc.

Workout Times and Days

I am a HUGE fan of morning workouts, but I know that some of you may not be so “morning-oriented”. The MOST important thing is that you actually DO the workout. I don’t care what time you get it done, just GET IT DONE!

Off Days

As you will notice on the workout calendar, you have 4 workout days. You can always increase this.

On your off days, I have assigned you to do a 20-minute walk OR doing something active.

I encourage you to do more than a 20-minute or longer walk. You can also use one of your workouts on these days, if you are feeling energized!

Workout Calendars

For the workout calendars, you have different workout days, based 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 5-7 times per week.

We have provided one sample workout for each fitness level, but you adjust the frequency and the days based on your own needs.



Check off each workout, as you complete it!

Beginner

Day 1 <input type="checkbox"/> Speed Workout	Day 2 <input type="checkbox"/> 20-Minute Walk	Day 3 <input type="checkbox"/> Agility Workout	Day 4 <input type="checkbox"/> 20-Minute Walk	Day 5 <input type="checkbox"/> Momentum Workout	Day 6 <input type="checkbox"/> 20-Minute Walk	Day 7 <input type="checkbox"/> FUN DAY
Day 8 <input type="checkbox"/> Accelerate Workout	Day 9 <input type="checkbox"/> 20-Minute Walk	Day 10 <input type="checkbox"/> Burst Workout	Day 11 <input type="checkbox"/> 20-Minute Walk	Day 12 <input type="checkbox"/> Blast Workout	Day 13 <input type="checkbox"/> 20-Minute Walk	Day 14 <input type="checkbox"/> FUN DAY
Day 15 <input type="checkbox"/> Slimmer Workout	Day 16 <input type="checkbox"/> 20-Minute Walk	Day 17 <input type="checkbox"/> Lean Out Workout	Day 18 <input type="checkbox"/> 20-Minute Walk	Day 19 <input type="checkbox"/> Dynamic Workout	Day 20 <input type="checkbox"/> 20-Minute Walk	Day 21 <input type="checkbox"/> FUN DAY
Day 22 <input type="checkbox"/> Torch Workout	Day 23 <input type="checkbox"/> 20-Minute Walk	Day 24 <input type="checkbox"/> Tone Workout	Day 25 <input type="checkbox"/> 20-Minute Walk	Day 26 <input type="checkbox"/> Tighten Workout	Day 27 <input type="checkbox"/> 20-Minute Walk	Day 28 <input type="checkbox"/> FUN DAY
Day 29 <input type="checkbox"/> Strengthen Workout	Day 30 <input type="checkbox"/> 20-Minute Walk	Day 31 <input type="checkbox"/> Invigorate Workout				

Intermediate

Day 1 <input type="checkbox"/> Speed Workout	Day 2 <input type="checkbox"/> 20-Minute Walk	Day 3 <input type="checkbox"/> Agility Workout	Day 4 <input type="checkbox"/> 20-Minute Walk	Day 5 <input type="checkbox"/> Momentum Workout	Day 6 <input type="checkbox"/> 20-Minute Walk	Day 7 <input type="checkbox"/> Accelerate Workout
Day 8 <input type="checkbox"/> Burst Workout	Day 9 <input type="checkbox"/> 20-Minute Walk	Day 10 <input type="checkbox"/> Blast Workout	Day 11 <input type="checkbox"/> 20-Minute Walk	Day 12 <input type="checkbox"/> Slimmer Workout	Day 13 <input type="checkbox"/> 20-Minute Walk	Day 14 <input type="checkbox"/> Lean Out Workout
Day 15 <input type="checkbox"/> Dynamic Workout	Day 16 <input type="checkbox"/> 20-Minute Walk	Day 17 <input type="checkbox"/> Torch Workout	Day 18 <input type="checkbox"/> 20-Minute Walk	Day 19 <input type="checkbox"/> Tone Workout	Day 20 <input type="checkbox"/> 20-Minute Walk	Day 21 <input type="checkbox"/> Tighten Workout
Day 22 <input type="checkbox"/> Strengthen Workout	Day 23 <input type="checkbox"/> 20-Minute Walk	Day 24 <input type="checkbox"/> Invigorate Workout				

Advanced

Day 1 <input type="checkbox"/> Speed Workout	Day 2 <input type="checkbox"/> Agility Workout	Day 3 <input type="checkbox"/> Momentum Workout	Day 4 <input type="checkbox"/> Accelerate Workout	Day 5 <input type="checkbox"/> Burst Workout	Day 6 <input type="checkbox"/> Blast Workout	Day 7 <input type="checkbox"/> 20-Minute Walk
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Day 8 <input type="checkbox"/> Slimmer Workout	Day 9 <input type="checkbox"/> Lean Out Workout	Day 10 <input type="checkbox"/> Dynamic Workout	Day 11 <input type="checkbox"/> Torch Workout	Day 12 <input type="checkbox"/> Tone Workout	Day 13 <input type="checkbox"/> Tighten Workout	Day 14 <input type="checkbox"/> 20-Minute Walk
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Day 15 <input type="checkbox"/> Strengthen Workout	Day 16 <input type="checkbox"/> Invigorate Workout
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Warm-Up & Flow-Down

Do the Warm-Up before each workout and the Flow-Down after.

Warm-Up

Exercise	Time
Good Mornings	30 seconds
Squat-Reach	30 seconds
Squat-Twist	30 seconds
Jumping Jacks	30 seconds

Flow-Down

Exercise	Time
Around the World (R)	15 seconds
Around the World (L)	15 seconds
Slow-Flow	15 seconds
Up-Dog	15 seconds

One-Minute Workout Sprint-Recover Cycles

One-Minute Workout Speed

20 seconds of work

2 minutes active recovery

Repeated 3 times for a total of 7 minutes

Exercise	Time
Air Squats	20 seconds
Good mornings	2 minutes
Jumping Jacks	20 seconds
Slow Flow	2 minutes
High Knees	20 seconds
Around the World	2 minutes

One-Minute Workout Agility

20 seconds of work

2 minutes active recovery

Repeated 3 times for a total of 7 minutes

Exercise	Time
Hop-Hop Squat	20 seconds
Walk Outs	2 minutes
Pushups	20 seconds
Arm Criss-Cross	2 minutes
Touch Jumps	20 seconds
Hip Opens	2 minutes

One-Minute Workout Momentum

20 seconds of work

2 minutes active recovery

Repeated 3 times for a total of 7 minutes

Exercise	Time
Spiderman Jumps	20 seconds
Foundation Squats	2 minutes
Monkey Pumps	20 seconds
Shake Out	2 minutes
Squat Punch	20 seconds
Boxer Bounce	2 minutes

One-Minute Workout Accelerate

20 seconds of work

2 minutes active recovery

Repeated 3 times for a total of 7 minutes

Exercise	Time
Step Back Lunge Hop (L)	20 seconds
Deep Sits	2 minutes
Step Back Lunge Hop (R)	20 seconds
Reverse Pushup	2 minutes
Plank Pike Presses	20 seconds
Knees to Chest	2 minutes

One-Minute Workout Burst

20 seconds of work
2 minutes active recovery
Repeated 3 times for a total of 7 minutes

Exercise	Time
Mountain Climbers	20 seconds
Overhead Side Reaches	2 minutes
Low Burpee	20 seconds
Side to Side Leg Stretch	2 minutes
Pencil Squat	20 seconds
Donkey Kick Opens	2 minutes

One-Minute Workout Blast

20 seconds of work
2 minutes active recovery
Repeated 3 times for a total of 7 minutes

Exercise	Time
Wall Climber	20 seconds
Open Palm Twist	2 minutes
Groiners	20 seconds
Stretching Tick-Tocks	2 minutes
Ladder Hop	20 seconds
Tricep Side Stretch	2 minutes

One-Minute Workout Slimmer

20 seconds of work

2 minutes active recovery

Repeated 3 times for a total of 7 minutes

Exercise	Time
Drop to Squat	20 seconds
Lizard (Step Forwards)	2 minutes
Tricep Dips	20 seconds
Crescent Lunges	2 minutes
Plank Rocks	20 seconds
Alt Figure 4	2 minutes

One-Minute Workout Lean Out

20 seconds of work

2 minutes active recovery

Repeated 3 times for a total of 7 minutes

Exercise	Time
Crab Touches	20 seconds
Hip Presses	2 minutes
Plank Jacks	20 seconds
Crescent Lunges	2 minutes
Tricep-Dip Leg Kick	20 seconds
Lying Hip Opens Side to Side	2 minutes

One-Minute Workout Dynamic

20 seconds of work

2 minutes active recovery

Repeated 3 times for a total of 7 minutes

Exercise	Time
Low Squat to Pushup	20 seconds
Standing Straight Leg Alt. Extensions	2 minutes
Pushup-Toe Tap Heel Over	20 seconds
Standing Knee to Chest	2 minutes
Full Body Extensions	20 seconds
Slow Butt Kicks	2 minutes

One-Minute Workout Torch

20 seconds of work

2 minutes active recovery

Repeated 3 times for a total of 7 minutes

Exercise	Time
Inverted Pushup Leg Raise	20 seconds
Up-Dog to Child's Pose	2 minutes
Sumo Pulses	20 seconds
Boxer Bounce	2 minutes
Plank-Sphinx	20 seconds
Level Squats	2 minutes

One-Minute Workout Tone

20 seconds of work

2 minutes active recovery

Repeated 3 times for a total of 7 minutes

Exercise	Time
Pushup Jump to Pike	20 seconds
Around the World	2 minutes
Reverse Bridge Shoulder Tap	20 seconds
Open Palm Twist	2 minutes
Forward and Back Hops	20 seconds
Hip Opens	2 minutes

One-Minute Workout Tighten

20 seconds of work

2 minutes active recovery

Repeated 3 times for a total of 7 minutes

Exercise	Time
Low Squat-Sprint	20 seconds
Up-Dog to Child's Pose	2 minutes
Floating Tricep	20 seconds
Squat Reach	2 minutes
Mountain Climber Hops	20 seconds
Leg Shake-Out	2 minutes

One-Minute Workout Strengthen

20 seconds of work

2 minutes active recovery

Repeated 3 times for a total of 7 minutes

Exercise	Time
Floating Pushups	20 seconds
Around the World	2 minutes
High Knees	20 seconds
Warrior Pose	2 minutes
Pike Hops	20 seconds
Alt. Figure 4	2 minutes

One-Minute Workout Invigorate

20 seconds of work

2 minutes active recovery

Repeated 3 times for a total of 7 minutes

Exercise	Time
Cross Knees	20 seconds
Knee to Hand	2 minutes
Jumping Jacks	20 seconds
Good Mornings	2 minutes
Burpee Groiners	20 seconds
Open Palm Twist	2 minutes