



Get Fit. **Life Tip.**

Total Body in 3 Exercises

Life moves quickly, so sometimes it's tough to get in an hour long workout. Don't let limited time discourage you from getting a workout in, all you need is 15-30 mins to get a full body workout. On the days that you are constantly on the go, spare 15-30 mins and target your entire body with a quick effective workout in just 3 exercises.

With each exercise, the goal is to attempt 10-20 reps with little to no breaks between the exercises and sets. Also, go light on the weight and pay attention to your form.

Barbell or Dumbbell deadlift – Targets your glutes, quadriceps, core, lower back, and some upper back.

Push-ups (wide, staggered or plyos) – Targets your chest, deltoids and triceps

Wide grip pull-ups (assisted or no assistance) – Targets your lats, biceps and back

While going through the 3 exercise circuit keep your breaks to a minimum and continue to move through the circuits during the whole duration of the time you have.

No matter how hectic life seems to be, make 15-30 mins for your health and well being.


Questions on nutrition or fitness?

Send them to Bill Witte and you may see it on the next life tip.

More information on the Charity Get Fit Ass Whipped class at www.bwittegetfit.com

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

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**Don't forget to sign
up for the Charity
Get Fit Class this
Saturday 10/16!**