


SHORT AND SWEET

Short Workouts That Work

BY HIRANMAYII AWLI MOHANAN



In our busy lives, finding time for workouts can be challenging. However, with the advent of new fitness routines and technologies, working out for a short duration has become more effective and efficient than ever before. In this article, we will explore the benefits of short workouts and suggest some exercises that can help you achieve your fitness goals, even if you only have a few minutes to spare.

BENEFITS OF SHORT WORKOUTS

Short workouts are designed to provide maximum results in a minimum amount of time. They can be beneficial in many ways, including:

- **1. Increased Metabolism:** Short workouts can boost your metabolism, which means that you will continue to burn calories even after you have finished exercising.
- **2. Improved Cardiovascular Health:** Short, intense workouts that raise your heart rate can help to improve cardiovascular health by strengthening your heart and lungs.
- **3. Convenience:** Short workouts are easy to fit into your daily routine, even if you have a busy schedule.
- **4. Reduced Stress:** Exercise is an excellent way to reduce stress, and short workouts can be particularly effective in this regard because they provide a quick burst of endorphins that can help to boost your mood.
- **5. Better Sleep:** Short workouts can help you to sleep better by reducing stress and improving your physical health.



EFFECTIVE SHORT WORKOUTS

Now that we have explored the benefits of short workouts let's look at some exercises that can help you achieve your fitness goals in a short amount of time.

1. **High-Intensity Interval Training (HIIT):** HIIT involves short bursts of intense exercise followed by periods of rest. This type of workout is particularly effective for weight loss because it burns calories quickly and boosts metabolism. HIIT can include exercises such as sprinting, jump rope, burpees, and mountain climbers.
2. **Bodyweight Exercises:** Bodyweight exercises require no equipment and can be done anywhere. They are particularly effective for building strength and improving flexibility. Some examples of bodyweight exercises include squats, lunges, push-ups, and planks.
3. **Tabata:** Tabata is a form of high-intensity interval training that involves 20 seconds of intense exercise followed by 10 seconds of rest. This type of workout is great for improving cardiovascular health and burning calories quickly. Exercises that can be included in a Tabata workout include jumping jacks, push-ups, burpees, and mountain climbers.
4. **Resistance Band Workouts:** Resistance band workouts are a great way to build muscle and improve strength. These workouts are easy to do at home and can be done in a short amount of time. Some exercises that can be included in a resistance band workout include bicep curls, tricep extensions, and leg lifts.
5. **Yoga:** Yoga is an excellent form of exercise that can help to improve flexibility, balance, and strength. Short yoga routines can be done in as little as 10 minutes, making it an easy way to fit exercise into your daily routine.



CONCLUSION

In conclusion, short workouts can be highly effective for achieving fitness goals, even if you only have a few minutes to spare. These workouts can improve metabolism, cardiovascular health, and reduce stress. By incorporating exercises such as HIIT, bodyweight exercises, Tabata, resistance band workouts, and yoga into your routine, you can achieve great results in a short amount of time. Remember to start slowly and gradually increase the intensity and duration of your workouts over time. With a little bit of effort and dedication, you can improve your health and fitness, even with a busy lifestyle.