

Your 15-Minute Workout Plan



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Most of us want a flatter stomach, toned thighs and a firmer derriere –they’re probably on your wish list, too. You’ll be surprised how much this 15-minute workout can do to help you achieve them. Targeted exercises and balanced nutrition can tone and tighten your body in all of the places you’ve struggled with in the past.

To complete this course successfully, you’ll need to set aside time for three training sessions per week. You don’t need access to a gym - as long as you have sufficient space in your house or apartment, everything can be done from the convenience of your own home. In addition, exercising at home gives you the freedom to do it whenever you have the time and motivation. You save not only time, but also your hard-earned money – no need to pay for a gym membership or buy expensive equipment!

It won’t be long before you see the first results. Don’t forget to warm up before beginning a session and stretch properly afterwards! You can print the individual exercises and lay them out next to you for easy reference.



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Warm Up Your Muscles

A warm-up before your workout is essential to stimulate blood flow to the muscles. This can help to prevent nasty tears or injuries. Five minutes' jogging or walking on the spot is enough to get the blood pumping.

Walking on the spot: stand upright with your feet hip-width apart. Walk on the spot, keeping your movements relaxed and making sure that all parts of the foot make contact with the floor in a rolling motion. Swing the arms.

Feeling warm and energised? You can now begin the workout! Lay out a towel or mat on the ground before you begin, since you'll need this for the exercises.



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Train Your Stomach, Legs and Buttocks at Home

To maximise the effectiveness of the strength training exercises, you should train two to three times per week for a period of 20 to 30 minutes. The 15-minute workout is designed to be at home at no inconvenience to you - it fits easily into your existing schedule.

Train on a soft, anti-slip surface like a mat or carpeted floor.

While you're new to working out, it's best to aim for three sets of exercises with five to ten repetitions per set. As time passes and the repetitions become easier, you can increase the number.

Allow yourself a minute's rest between each set. Take smooth, even breaths from the stomach as you train – exhale when you tense the muscles and inhale again as you relax them.





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Exercise for the straight upper abdominal muscles

Lay out a towel on your carpet or mat and lie down in such a way that it covers the area underneath your back and head. Bend your knees. Press your heels, pelvis and lower back into the floor. Reach behind your head and grasp the corners of the outstretched towel. As you do this, your elbows should be pointing outwards.



Now, curl your upper body upwards until your shoulder blades leave the floor. Your gaze should be fixed on the ceiling and the lumbar (low back) portion of your spine should maintain contact with the floor. You should be able to fit a fist between your chin and your chest. Hold this position briefly and then slowly uncurl your body to return to the starting position.



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Exercise for the oblique abdominal muscles

Lie on your back and bend your knees. Raise your lower legs until they are parallel with the floor. Your pelvis and lower back should maintain contact with the floor. Reach your hands behind your head and clasp the fingers at the nape of the neck. The elbows should be pointing outwards.



Now draw the left elbow forward to touch the right knee and bring it back again, taking care that the right shoulder does not touch the floor in the process. Your gaze should be fixed on the ceiling and the lumbar portion of the spine should remain in contact with the floor. You should be able to fit a fist between your chin and chest. Repeat the exercise on the other side.



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Exercise for the straight lower abdominal muscles

Lie on your back, your arms outstretched beside you with your palms facing downwards and placed close to your body. Now, raise and extend your legs in such a way that they point vertically towards the ceiling.



Now raise the pelvis a few centimetres off the floor. Hold this position briefly and lower the legs slowly back towards the floor.



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Knee Lift Exercise for Buttocks and Thighs

Get onto all fours, with your hands and knees touching the floor.



Now raise your left knee until the thigh is roughly parallel with the floor. The lower leg should point vertically towards the ceiling. Hold the stretch for a few seconds and lower the knee slowly back towards the floor. Repeat the exercise on the other side.



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Heel Press Exercise for Buttocks and Thighs

Lie on your stomach, bring the arms forward and clasp your hands together underneath your forehead. Your tiptoes should be touching the floor.





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Stretch and Relax After Training

Sit on your carpet or mat with your legs stretched out in front of you and bent upwards at the knee. Embrace your legs with your arms. Pull the knees tightly towards the chest, rounding the back. Allow yourself to rock backwards and forwards for as long as it takes to feel relaxed. This stretches the muscles and leaves the whole body tension-free.