

# The Perfect Morning Workout

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## Put Down The Coffee And Start Your Morning With This Killer 12-Minute Workout

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[Amy Schlinger](#)

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If you want to start off your day on the right foot, it's a good idea to get in a workout right off the bat when you wake up. Why? Not only does it help jumpstart your morning, but it can also give you the energy you need to help tackle meetings, conference calls or the endless string of emails stacking up in your inbox.

We know what you're thinking. Ain't nobody got time for that in the morning. But what if there was something quick and effective you could do right in your own bedroom or living room?

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We chatted with [Amanda Butler](#), instructor at [The Fitting Room](#) in New York City, who came up with this 12-minute [high intensity routine](#) that will spike your heart rate and get your muscles working.

### ADVERTISING

“This workout has short intervals—only 30 seconds—for each exercise, so your goal is to get as many reps as possible in those quick 30 seconds,” says Butler. “You need to push yourself and max out your effort.”

Ready to rock? Think of it as your morning cup of Joe.

## 12-Minute Morning Routine

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Three rounds of:

- 30 sec Push-Ups
- 30 sec Air Squats
- 30 sec Sit-Ups

Then...

- 1 min Burpees

Three rounds of:

- 30 sec Tricep Dips
- 30 sec Jumps Squats
- 30 sec Plank Hold with Alternating Hand Reach Outs

Then...

- 1 min Burpees

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### Exercises:

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#### **1. Push-Up**

Come to the ground, in plank position, shoulders directly over hands, legs extended, abs activated, pelvis tucked so body is in a straight line from head to toe. Keeping elbows close to body, bend them and lower to the ground, then push straight up, to perform a push-up. Repeat.

#### **2. Air Squat**

Stand with feet slightly wider than shoulder width apart, toes straight or turned slightly out. Keeping the weight in your heels and chest up, bend your knees and sit back as if you're sitting into a chair, until your thighs are parallel to the ground. Push through your heels and use your legs to stand back up. Continually repeat, quickly.

### **3. Sit-Up**

Lie flat on your back, bottoms of feet together, letting knees fall out to sides like a diamond shape. Place hands behind or next to head. Without moving legs or pulling on your neck, contract abs to sit all the way up. Contract abs again to slowly lower back down, one vertebrae at a time. Repeat.

### **4. Burpee**

Start standing. Place hands on the ground in front of you and jump feet back to push-up position, hands under shoulders, as you lower your chest to the ground. Push back up, jump feet in, stand up straight and end with arms above head as you hop straight up. Continually repeat in a smooth flow.

### **5. Tricep Dip**

Stand in front of a chair, and lower down so you're able to place your hands on either side of it behind you, arms fully extended, legs stretched out in front of you, stomach facing the ceiling. Keeping elbows close to body, without moving lower half, bend elbows and lower butt towards the ground. Push back up. Repeat.

### **6. Jump Squat**

Stand with feet slightly wider than shoulder width apart, toes straight or turned slightly out. Keeping the weight in your heels and chest up, bend your knees and sit back as if you're sitting into a chair, until your thighs are parallel to the ground. Push through your heels and use your legs to jump up in the air. Land softly and immediately repeat. Continue to repeat, quickly.

### **7. Plank Hold with Alternating Hand Reach Out**

Come to all fours, place hands on the ground, shoulders directly over wrists, feet extended behind you. Tuck toes to lift legs off the ground, body in a straight line from head to toe. Slowly raise the right hand and extend arm out straight in front of you. Bring it back down and do the same with the left arm. Continue to alternate arms.