



“I don’t have the time to workout.”

You only need 30-45 minutes for a solid workout



And you don’t even need that much time to reap the health benefits of physical training. **Even 12-20 minutes is enough time to get a good workout in.** Here’s the deal: training for longer than an hour is catabolic. You will no longer be building muscle after that point. Unless you are absolutely determined to hit a 2-hour full body workout, you are far better off sticking to a routine that will maximize your results in the least amount of time.

Here’s some reasons for why you should shorten your workouts:

Time Efficiency: Shorter workouts are more time-efficient, making it easier to fit exercise into a busy schedule. This can be advantageous for people with demanding work, family, or social commitments.

Consistency: With shorter workouts, you're more likely to stay consistent with your exercise routine. Consistency is key for long-term progress and achieving your fitness goals.

Reduced Risk of Overtraining: Long workouts can lead to overtraining, which results in fatigue, decreased performance, increased risk of injury, and burnout. You will start breaking down instead of promoting muscle growth. Shorter workouts allow for adequate recovery between sessions, reducing the risk of overtraining.

Improved Focus and Mental Engagement: Shorter workouts require you to stay focused and engaged for a shorter duration, which can help improve mental stamina and concentration levels during exercise.

What's the best way to exercise then? You can experiment with high intensity interval training (increasing intensity while reducing time spent training). Doing split-sets in the gym is also a great way to cut down on your time. A split set is when you do two exercises back-to-back (for example, doing a set of push-ups and then immediately doing a set of pull-ups). Go into your workouts with an intention. If you do not have a plan, you're more likely to waste time. It's not fun to be floating around at the gym trying to figure out what you should do.

Less is more. Take three exercises and make those your workout for the day. Give this simple workout a try. **Do as many rounds as possible for 20 minutes:** body weight squats - 25 reps, push-ups - 15 reps, jumping jacks - 30 reps