



Tiff's

15 Minute Fitness Series!

Why put off what can be accomplished today?
Tomorrow is promised to no one! ~Tiff

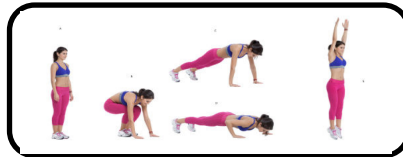
Tiff's Quick CARDIO Tips...

Okay so you don't have enough time! Initially we think, hmmm, if I don't have at least 45 minutes to an hour then what's the sense. Well, I'm here to tell you there is enough 'SENSE' in taking whatever time you have and investing it into yourself!

Here is a Quick & Effective FAT BURNING CARDIO Workout:

This can also be used as a warm-up before you hit the weight room!

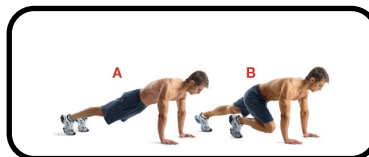
1 Minute: Burpees (add a push-up)



1 Minute: Plank Walk (hands to elbows)



1 Minute: Mountain Climbers



2 Minutes: Jump Rope



3 Rounds = 15 Minutes!