



P.A.U.L. Workout #1

Workout Note:

What is "The P.A.U.L. Method"?

P.A.U.L. is the simple home workout formula I created for busy professionals to hit everything they need in just 10 minutes. I originally released P.A.U.L. on the FOX 45 Morning Show, and it then went on to be featured in national publications, such as Reader's Digest!

Here's how it works:

Each P.A.U.L. workout includes one exercise from the following 4 categories:

P: Plyometrics --> Gets your heart rate up to burn fat.

A: Abs --> Builds strong core and tight waist.

U: Upper Body --> Strengthens and tones arms & torso.

L: Lower Body --> Strengthens and tones glutes and legs.

HOW IT'S DONE:

Step 1: Perform each exercise for 30 seconds.

Step 2: After completing all 4 exercises, rest 30 seconds and repeat.

Step 3: Stop once you've reached 10 minutes (4 sets). Take a quick peak in the mirror -- you just nailed your workout for the day.

Step 4: After hitting "Finish Workout" take a screenshot of that green thumbs up and post it in the Facebook group (Busy Baltimore Fitness Tribe). The simple act will provide accountability, and make you more likely to stick with it tomorrow.

Plus, if you didn't post about your workout on Facebook... did it really happen?

-Dani

Giant Set



Star Jumps

Set	Bodyweight	Time
1	Bodyweight	30s
2	Bodyweight	30s
3	Bodyweight	30s
4	Bodyweight	30s



Push Up

Set	Bodyweight	Time
1	Bodyweight	30s
2	Bodyweight	30s
3	Bodyweight	30s
4	Bodyweight	30s



Bodyweight Squats

Set	Time
1	30s
2	30s
3	30s
4	30s



Plank

Set	Bodyweight	Time	Rest
1	Bodyweight	30s	30s
2	Bodyweight	30s	30s
3	Bodyweight	30s	30s
4	Bodyweight	30s	30s