



Busy girl WORKOUT

Struggling to find the time to work out? Give new 10-minute fitness trend, exercising snacking, a go!

No time to work out? You already know that exercise sessions don't need to last an hour or more to be effective. Indeed, at least a decade of research on HIIT (high-intensity interval training, or intense bursts of activity teamed with measured rest periods) shows that short-duration exercise can match steady state workouts on burning calories, boosting cardiovascular fitness and improving metabolism. One 2024 study published by *Aging and Disease* even reports that HIIT may be better for brain health than less vigorous activities.

But when it comes to doing exercise to suit a busy schedule, is interval

training the only answer? Actually, no. The new short-duration workout that everyone is raving about is 'exercise snacking' – and no, this doesn't refer to the post-workout protein bar you've squirrelled away in your gym bag!

Instead, exercise snacking involves short bursts of movement scattered throughout the day. It differs from HIIT because the focus is on its adaptability and not a structured interval-to-rest ratio. In fact, you can split your exercise snacks up across the day, perhaps doing a 10-minute workout in the morning followed by another short activity in the evening, before bed.

'Finding time to hit the gym can be challenging, but the growing trend of home-based exercise snacking is proving to be a game-changer,' raves personal trainer Nicky McBurney. 'Short, consistent bursts of exercise can be just as effective as longer sessions and can be easily done at home with minimal equipment.'

On board? Give this simple, 10-minute dumbbell workout a go. Aim to do it three times a week and you'll be amazed by the results. Do each exercise in order for 10 reps, completing 2-4 rounds depending on how much time you have. For more online home workouts, join McBurney at nickysbootcamp.com

LET'S MOVE!

Reps: 10
(each side)
Rounds: 2-4

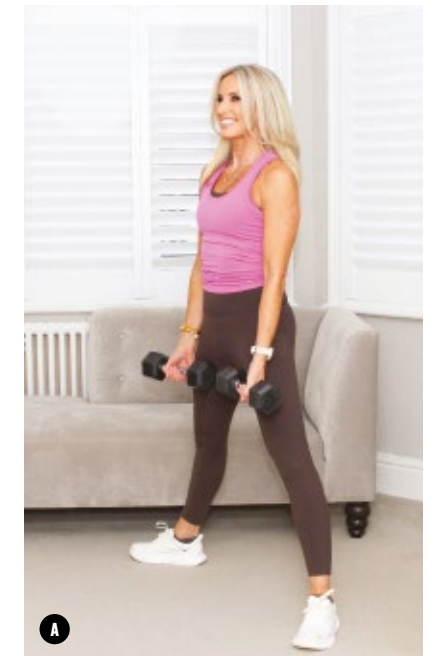


LUNGE WITH SHOULDER PRESS

- Stand with your left leg forwards and dumbbells directly above your shoulders. Engage your core (A).
- Lower your knees to the floor until both knees are at an 90-degree angle. At the same time, lower the dumbbells to your shoulders (B).
- Push through your front left heel and return to the start position, driving the dumbbells high above your head again. Repeat 10 times on each side.

SUMO SQUAT BICEPS CURL

- Stand with feet just beyond shoulder-width apart and toes turned out, holding the dumbbells on your thighs with palms facing forward (A).
- Lower into a squat, keeping your chest up and back straight, by driving your hips back.
- While squatting, curl the dumbbells toward your shoulders (B).
- Stand back up, pushing through the heels to activate glutes, before lowering the dumbbells back. Repeat the sequence 10 times.



LATERAL LUNGE WITH TRICEPS EXTENSION

- Stand with feet as wide as possible, holding one dumbbell horizontally in both hands above your head (A).
- Bend one knee while keeping the other leg straight, pushing the hips back and down.
- Lower the dumbbell behind your head, drawing both elbows towards the ceiling (B).
- Drive through the heel to return to the start position, straightening your arms. Repeat for 10 reps each side.



THE BENEFITS

Here are McBurney's top three reasons to give exercise snacking a go this summer

1. Health rewards

Even brief workouts can boost strength, improve flexibility, and lower the risk of chronic conditions as we age.

2. Mental boost

Exercising for just 10 minutes or more has been shown to reduce stress, anxiety and enhance mood and focus.

3. Convenience

Quick, at-home workouts are easy to fit into your schedule and help maintain consistency. Plus, once you start, you'll likely find yourself doing more!

BENT OVER WIDE ROW

- With feet wide, bend forward at the hips, holding a dumbbell in each hand, arms extended and palms facing your thighs. Engage the core and keep your back straight (A).
- Pull the dumbbells up and outward, squeezing your shoulder blades at the top of the move (B).
- Slowly return to the start. Repeat for 10 reps.





PRESS-UP

- Begin in a plank position with hands placed slightly wider than shoulder-width apart and your body in a straight line from head to heels. Keep your eyes forward and core engaged (A). Option to lower your knees to the ground (B)
- Bend your elbows to lower your chest towards the ground while keeping your body straight (C).
- Press through your palms to push your body back up to the starting position. Repeat for 10 reps, again, lowering to your knees if necessary.



Words: Sarah Sellens | Workout: Nicky McBurney | Photography: katielucasphotography.co.uk



Meet the expert

Nicky McBurney is an established and successful PT, with an online fitness business helping women globally achieve incredible fitness results from home. Visit nickysbootcamp.com

RUSSIAN TWIST

- Sit on the floor with knees bent and feet lifted, leaning back slightly, dumbbell horizontal in both hands (A).
- Rotate your torso to the left, bringing the weight beside your left hip (B).
- Return and rotate to the right side, bringing the weight beside your right hip.
- To make it easier, place your feet on the floor. Repeat for 10 reps. 🔄