

15-minute no-gym workout

Build strength and stamina in three easy moves

Acquire some home-grown gains

Straight sets and reps get old. This routine from strength and conditioning coach Jim Liston builds muscle and endurance through pyramid repetitions, and it can be done with a set of dumb-bells at home.

Technique: Warm up with a set of exercise 1, then do 1 rep of exercise 2, then 2 reps, then 3, then 4 and then work back down to 1 rep. Repeat this sequence with exercise 3. Go back to the beginning and do as many rounds as you can in 15 minutes. Make a note of how many you do and that'll be your target to better next time.

1 Boxer's punch and dumb-bell squat

With a 2.5kg dumb-bell in each hand, throw 32 punches, alternating lefts and rights. Then let your arms hang loosely at your sides and place your feet slightly wider than hip-width apart. Bend at the hips and knees to lower your body until your thighs are parallel to the floor, and then press back up. Complete 16 squats. Repeat the sequence once more.

2 Press-up and prone row

Press-up: Place 2 dumb-bells on the floor and grip them while you do a full press-up. Take 2 seconds to lower yourself and 1 second to raise yourself.

Prone row: In the "up" position of the press-up (still holding onto the dumb-bells), bring your right-hand weight up to your armpit and squeeze your shoulder blades back. Lower the weight and repeat the move with your left arm. Take 1 second to raise the weight and 2 seconds to lower it.

3 Jump squat and curl

Jump squat: Assume a squat position as you hold dumb-bells at your sides, your feet slightly wider than hip-width apart. Press through your heels to explode up quickly. Then land softly on the balls of your feet and sink back into your heels.

Curl: After landing, let the dumb-bells hang at your sides. Without moving your upper arms, curl the weights up. Take 1 second to raise the weights and 2 seconds to lower them.