

CULTURE & LIFESTYLE / HEALTH AND FITNESS

The 5-minute turbo workouts you can do anywhere

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Click through for 4 mini workouts you can do anywhere

IMG model trainer **Ricardo Riskalla** shares the 4 workouts you can do anywhere, anytime that give visible results

Working with countless [models](#) over the years has made me realise just how jam-packed their schedules are. Whether they're strutting the catwalk, jetting from A to B or hitting the casting circuit, they have extremely limited time to work out, but their job requires a [toned](#), runway-ready body at all times.

Sometimes they have only a slim five-minute window to exercise, and while five minutes will not replace a full [workout](#), it's still enough time to make a difference. With this in mind, I've developed the following simple, effective exercises that can be done anywhere, anytime, think: at the airport lounge, waiting in line, at home between binge watch sessions, basically anywhere...

The only rule here is to keep it simple and feel the burn!



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Workout #1: Ballet is such great exercise - do pliés for five minutes non-stop.



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Workout #2: Now for a full body move (you can even watch TV doing this one) - standing up, rotate your hips to one direction then do the same on the other side. Keep your head still and your feet shoulder-width apart. Repeat for five minutes.



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Workout #3: This will burn so be ready - do a one minute plank followed by five minutes of full sit ups. Repeat three times.



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Workout #4: Put on your favourite song and dance! Yes dance, freely.