

SNAX Workout

Short

No equipment

Anytime

eXercise

Introduction

The SNAX Workout is your **anti-excuse** workout. Whether you're traveling, staying in a hotel, or at home in your apartment, this routine makes it easy to stay consistent. **No equipment required.**

The benefits of exercise are too significant to ignore. Even a short 15-minute session can create meaningful changes in your body. While it may feel like you “only” worked out for a short time, your body continues to respond long after you finish.

Heart rate and breathing typically return to baseline within about 10 minutes, but many of the cognitive and metabolic benefits last for hours. These include improvements in focus, alertness, mood, and memory, along with increased metabolic rate, better blood sugar regulation, improved stress hormone balance, and the release of endorphins and dopamine.

And of course, the real impact comes from consistency. Stacking these sessions over time leads to significant long-term benefits for your overall health and performance.

Easy Set-up:

Choose your workout duration and follow the *simple rules* below:

- 1) 15-minute option – 3 rounds of 5 exercises
- 2) 20-minute option – 4 rounds of 5 exercises
- 3) 30-minute option – 5 rounds of 6 exercises

Simple Rules

- 1) Select your exercises (pick **1-2 per section**)
- 2) Each exercise is performed for **1 minute**. For single-sided movements, perform **30 seconds per side**.
- 3) If you fatigue before the time is up, take a brief pause and continue until the full minute is completed. Alternatively, adjust to an easier variation for the next round (e.g., elevate your hands for push-ups)
- 4) There is **no scheduled rest**. Move continuously from one exercise to the next and repeat for the prescribed number of rounds.
- 5) To keep things flowing, avoid performing two exercises targeting the same muscle group back-to-back. This allows one area to recover while you train another.

Various Exercise list:

Section 1 - Push	
Exercise Name	Video Demonstration Link
Dips	https://www.youtube.com/watch?v=larQGD02ndE
Push Ups	https://www.youtube.com/watch?v=0vPfE9wLzZQ <i>(*the link includes a list of different push up variations)</i>
Dive Bomber Push Ups	https://www.youtube.com/watch?v=mvNcSF-nXg4
Pike Push Ups or Elevated Pike Push Ups	https://www.youtube.com/watch?v=XckEEwa1BPI

Section 2 - Pull	
Exercise Name	Video Demonstration Link
Prone Arm Circles	https://www.youtube.com/shorts/Tu_e8MPaVIU
Modified Prone Cobra	https://www.youtube.com/watch?v=0mnZuAhdjRc
Prone Y	https://www.youtube.com/shorts/cYLucJwoiFI
Prone T	https://www.youtube.com/shorts/UdQ4lVjFI-4
Prone W Press	https://www.youtube.com/shorts/BjHCMtdW2j4
Prone I-Y-T-W-A	https://www.youtube.com/shorts/ytRx8cgpKeQ
Supine Elbow Lifts	https://www.youtube.com/watch?v=JduDsmelQzM
Prone Elbow Raises	https://www.youtube.com/watch?v=FVqtJE_n7Gc
Pull Ups (if a bar is present)	https://www.youtube.com/shorts/ZTsuNUzq3e4

Section 3 - Legs	
Exercise Name	Video Demonstration Link
Squats	https://www.youtube.com/watch?v=yjtbfOwLNsw <i>(*the link includes a list of different body weight squat variations)</i>
Jump Squats	https://www.youtube.com/watch?v=BRfxl2Es2lE
Lunges	https://www.youtube.com/watch?v=UyjvtWiPvhU
Alternating Jumping Lunges	https://www.youtube.com/watch?v=WfPJ8jaw4Fc
Single Leg Glute Bridges	https://www.youtube.com/watch?v=sVfp4LN9niA
Copenhagen Plank	https://www.youtube.com/watch?v=Km9D65GqN98
Lying Straight Leg Hip Extension	https://www.youtube.com/watch?v=US666npk-L8
Lying Single Leg Hip Extension	https://www.youtube.com/watch?v=esDCILgJwOY
Starfish Plank	https://www.youtube.com/watch?v=PBwclSjlyt8

Section 4 - Core

Exercise Name	Video Demonstration Link
Plank	https://www.youtube.com/watch?v=pvljsG5Svck
Side Plank	https://www.youtube.com/watch?v=N_s9em1xTqU
Plank Rotations	https://www.youtube.com/watch?v=bi35JMxwICU
Side Plank Rotations	https://www.youtube.com/watch?v=OMc5f_JUDUU
V-ups	https://www.youtube.com/watch?v=oirraQEz-74
Russian Twists	https://www.youtube.com/watch?v=DJQGX2J4IVw
Bicycle Crunches	https://www.youtube.com/watch?v=-nJkAJpQemI
Flutter Kicks	https://www.youtube.com/watch?v=K5wuM_gNWyw
Deadbugs	https://www.youtube.com/watch?v=g_BYB0R-4Ws

Section 5 - Cardio/Full Body

Exercise Name	Video Demonstration Link
Half Burpees (variation #1)	https://www.youtube.com/watch?v=XzCDSM0cdro
Half Burpees (variation #2)	https://www.youtube.com/watch?v=ltkblWpJh8g
Full Burpees	https://www.youtube.com/watch?v=auBLPXO8Fww
Jumping Jacks	https://www.youtube.com/watch?v=uLVt6u15L98