



fit at home

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Sep 9th 2009 3:00PM

Maybe you're traveling a lot lately, or perhaps you're just really busy with work (or kids, or, you know, *life*). And maybe it seems like you can't possibly find time for fitness -- heck, finding more than two consecutive minutes seems practically impossible.

Powerhouse Hit the Deck (\$19.99) is a fun, unique way to fit a workout into your day, even if you only have a couple of minutes to spare. The idea is simple -- there are 30 workout cards, divided into three sections; No Sweat, I'm Glistening and Sweating Buckets. A timer and five warm up/cool down cards are also included.

You then select however many cards you want to do from whatever category you like, set the timer (it's recommended you start with intervals of 30 seconds), and do as many repetitions of the exercise listed on your card as possible before the timer sounds. Then, you move on to the next one.

The beauty of this is its simplicity -- you can easily create a low-key workout that you can do on your coffee break at work by doing five minutes of squats, lunges, shadow boxing, etc. But, you can also make a hard-core workout with these by choosing lots of exercises and extending the length of the intervals.

No equipment is required, and lots of direction is given, so while this is a great option for committed athletes, it could also be a great gift for someone just beginning to get into fitness.

Here are more tips for [fitting short workouts into your life!](#)

