

10-Minute Workout

1. Squat

Easy: in and out of a chair
Moderate: basic squat
Hard: one legged



2. Jumping Jacks

Easy: one side at a time
Hard: basic jumping jack



3. Push Ups

Easy: wall
Moderate: knees
Hard: basic push up



4. Alternating Lunges



5. Mountain Climbers



6. Dips



7. Plank

Easy: knees
Moderate: incline on toes
Hard: basic plank



8. Alternating Front & Lateral Raise



9. Heel Raises

Easy: both feet
Hard: one foot at a time



10. Double Crunch



Each exercise should be performed for 30 seconds. Go through the list two times for a 10 minute workout.

Things to Remember:

- Your body should be warm before starting a workout
- Always breathe during exercise
- Stretch yourself out after every workout (every day if possible)
- The possibilities are endless with some dumbbells or home exercise equipment