



10 Minute Full Body Workout

NO EQUIPMENT NEEDED!

PERFORM EACH MOVE FOR 1 MINUTE.

WITH MOVES WHERE YOU DO BOTH SIDES,
PERFORM EACH SIDE FOR 30 SECONDS AND SWITCH.



JUMPING JACKS

STAND WITH YOUR LEGS CLOSED AND HANDS BY YOUR SIDE. JUMP OUT YOUR LEGS AND SIMULTANEOUSLY RAISE YOUR ARMS OVERHEAD TO FORM AN X WITH YOUR BODY. REPEAT QUICKLY.



BURPEES WITH A PUSH UP

BEGIN BY STANDING WITH YOUR LEGS TOGETHER AND HANDS BY YOUR SIDE. BEND YOUR KNEES AND PLACE YOUR HANDS ON THE GROUND IN FRONT OF YOU. JUMP YOUR FEET BACK SO YOU ARE IN PLANK POSITION. PERFORM A PUSH UP. JUMP YOUR FEET BACK TO MEET YOUR HANDS. STAND UP AND JUMP AT THE TOP. REPEAT AS FAST AS YOU CAN.





SQUATS

STAND WITH FEET HIP WIDTH APART. BEND YOUR KNEES AND SQUAT DOWN AS LOW AS YOU CAN WITH YOUR CORE ENGAGED AND YOUR BACK STRAIGHT. MAKING SURE TO KEEP YOUR KNEES BEHIND YOUR TOES.



LEG LIFT TO PULSE

GET DOWN ON YOUR HANDS AND KNEES. STRAIGHTEN ONE LEG OUT BEHIND YOU. LIFT YOUR LEG UP TO THE SKY AND SQUEEZE YOUR GLUTES WHILE KEEPING YOUR CORE ENGAGED AND BACK STRAIGHT. DO THIS FOR 30 SECONDS. THEN BEND YOUR KNEE AND PULSE AT THE TOP FOR THE NEXT 30 SECONDS.



SIDE PLANK

LAY DOWN ON YOUR SIDE. PLACE YOUR ELBOW DIRECTLY BELOW YOUR SHOULDER AND YOUR FEET STACKED ON TOP OF ONE ANOTHER. LIFT YOUR HIPS OFF THE FLOOR SO YOUR BALANCING ON YOUR ELBOW AND FEET AND KEEPING YOUR CORE ENGAGED. STAY HERE FOR 30 SECONDS, THEN MOVE TO THE OTHER SIDE.



LYING SIDE LEG LIFTS

LAY DOWN ON YOUR SIDE WITH LEGS STRAIGHT. SLOWLY RAISE ONE LEG UP AND SLOWLY LOWER IT BACK DOWN. CONTINUE FOR 30 SECONDS AND THEN SWITCH SIDES.





LEG LIFTS

LAY DOWN ON YOUR BACK WITH YOUR LEGS STRAIGHT OUT IN FRONT OF YOU. SLOWLY LIFT YOUR LEGS TO THE SKY THEN LOWER THEM BACK DOWN UNTIL THEY ARE AN INCH ABOVE THE GROUND. REPEAT.



LEG LIFTS

LAY ON YOUR BACK WITH YOUR KNEES BENT IN FRONT OF YOU AND YOUR HANDS BEHIND YOUR HEAD. LIFT YOUR SHOULDERS OFF THE GROUND TO CRUNCH. REPEAT QUICKLY.



LEG LIFTS

LAY ON YOUR BACK WITH YOUR KNEES BENT IN FRONT OF YOU AND YOUR HANDS BEHIND YOUR HEAD. LIFT YOUR SHOULDERS OFF THE GROUND TO CRUNCH. REPEAT QUICKLY.



Stretch It Out!

TAKE JUST A FEW MOMENTS TO STRETCH OUT REAL QUICK BEFORE MOVING ON WITH YOUR DAY!



**RAISE ARMS
OVERHEAD**



**LUNGE WITH KNEE ON
THE GROUND**



**CROSS ARM
OVERBODY**



**HAMSTRING
STRETCH**

