10-Minute Mini Workout #1
11 min · Triceps, Abs, Arms, Chest, Legs, Shoulders

Start with the first three moves as your warm up. Perform the next exercise for 45 seconds. Rest for 15 seconds. Repeat for the next 6 exercises. Cool down with the last three moves.

Standing Arm Circles

Hip Circles

Air Squats

Alternating Bodyweight Lunges

Jumping Jacks

Push Up Rotations

Plank to Push-Up

Lateral Shuffles

Plank Shoulder Taps
Bench Tricep Dips

45 secs 15 sec rest

Shoulder Stretch

30 secs

Standing Quadricep Stretch

30 secs

Standing Hamstring Stretch

30 secs
Standing Arm Circles

Primary muscle group(s):
Shoulders
Secondary:
Upper Back & Lower Traps

Standing with a flat back and tight core, raise your arms to the sides.
While focusing on the shoulders, slowly rotate your arms in a circular motion. Start with small circles. Gradually increase the size of the circles.
After completing one set of a pre-determined number (such as 10 repetitions), reverse the direction, going counter-clockwise.

Hip Circles

Primary muscle group(s):
Glutes & Hip Flexors
Secondary:
Abs

Stand tall with your chest up. Move your feet to shoulder-width apart. Place your hands on your hips.
Begin the movement by shifting your hips to the left. Bring them forward and to the right in a circular motion. From the right, shift your hips back and to the left.
Continue in this circular motion. Stop once to switch directions.

Air Squats

Primary muscle group(s):
Hamstrings, Quadriceps
Secondary:
Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.
Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you’re sitting in a chair.
Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.
Alternating Bodyweight Lunges

Primary muscle group(s):
Quadriceps

Secondary:
Calves, Glutes & Hip Flexors

Stand straight – that’s the starting position. Step forward with your left leg and slowly lower your body until your front knee is bent at least 90 degrees, while your rear knee is just off the floor. Keep your torso upright the entire time. Look forward.

Pause, then push off your left foot off the floor and return to the starting position as quickly as you can.

On your next rep, step forward with your right leg. Continue to alternate back and forth—doing one rep with your left, then one rep with your right.

Jumping Jacks / Star Jumps

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

⚠️ This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.
**Spin / Push Up Rotations**

Primary muscle group(s):
Chest, Triceps

Secondary:
Abs, Obliques

Begin in a lowered push-up position with your hands slightly wider than shoulder width apart, and your feet toe down and legs fully extended.

Push your body up as you would during a normal push up only as you near the top of the repetition, twist your body to the right away from the floor.

Take your right hand off the floor and extend it upwards and outwards so that the finishing position is your left arm grounded and fully extended and your right arm pointing directly upwards.

Rotate your body back, ground your right hand and lower your body back down to the starting position.

Repeat the same movement for the left side.

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**Plank to Push-Up / Pushups / Walking Plank Up-Downs**

Primary muscle group(s):
Abs, Shoulders

Start in the plank position with your elbows shoulder-width apart.

Press yourself up from the floor one arm at a time into a push-up, maintaining your body in a straight line.

Slowly return to the starting plank position the same way, one arm at a time.

Repeat the movement alternating sides.
Side / Lateral Shuffles / Hops / Skaters

Primary muscle group(s):
- Hamstrings, Quadriceps

Secondary:
- Abs, Calves

Keep your core tight and back flat as you bend slightly forward.
Perform a small jump to the right. As you do, bring your left leg behind you and tap the ground. At the same time, bring your left arm in front of you.
Now, jump to the left, bringing your right leg behind you and your right arm in front of you.
Repeat the movement, alternating back and forth.

Plank Shoulder Taps / Planks

Primary muscle group(s):
- Abs

Lock yourself in the plank push-up position ensuring that your body forms a straight line from shoulders to heels.
Bring your right arm off the ground and touch your left shoulder before placing it back on the ground.
Repeat the same movement for the opposing arm.

Chair / Bench Tricep Dips

Primary muscle group(s):
- Triceps

Secondary:
- Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.
Lift up onto your hands and bring your hips forward.
Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.
Push back up but don't lock your elbows and repeat.
Shoulder Stretch

Primary muscle group(s):
Shoulders
Secondary:
Neck & Upper Traps

Stand tall and bring your right arm across your upper body, holding it with your left arm just below or above the elbow.

Hold the stretch and then release.
Repeat the stretch with the left arm.

Standing Quadricep Stretch

Primary muscle group(s):
Quadriceps
Secondary:
Glutes & Hip Flexors

Stand next to a wall or stationary object to support your balance.

Grasp the top of your right ankle or forefoot with your right hand and pull the ankle or foot towards your buttocks.

Straighten the right hip by moving your knee slightly backwards and making sure it faces the floor. Don’t let your knee flare out towards the side.

Hold the stretch and repeat on the left leg.
Standing Hamstring Stretch

Primary muscle group(s):
Hamstrings

Secondary:
Calves

Stand with feet closer than shoulder-width. Step forward with your left foot. Flex the left foot up towards you.

Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee.

Feel the stretch along your left hamstring. Hold for the prescribed amount of time then switch sides.