### 10-Minute Mini Workout #2

11 min · Glutes, Abs, Cardio, Legs, Yoga

Warm up by jogging in place for 1 minute. Perform the following six moves for 60 seconds. Rest for 20 seconds after each move. Cool down with the last three moves.

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<th>Step Up with Knee Raises</th>
<th>High Knees</th>
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- Jog in place for one minute.

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Extended Child’s Pose · Utthita Balasana

3 breaths
Release tailbone toward feet · Rest forehead on floor · Bring knees hip-width apart
Cardio – Running / Jogging / Treadmill

Primary muscle group(s):
Quadriceps

Secondary:
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.

Step Up with Knee Raises

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Abs, Calves

Place a chair or wooden box in front of you. Brace your core and lower back.
Step up on the box with your left leg, swinging your arms as you do so.
Take your right knee and raise it in front of you, into the air.
Step down with your right leg. Repeat exercise with the other leg. Keeping alternating sides.

High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):
Abs

Secondary:
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.
Try to lift your knees up to hip level but keep the core tight to support your back.
For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.
Bring the knees towards your hands instead of reaching the hands to the knees!
Burpees / Squat Thrusts

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

Secondary:
Chest, Shoulders

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position.

Repeat.

Squat Jacks / Side Sumo Walks

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

Secondary:
Hamstrings

Stand with your feet in a wide stance, with your toes slightly pointed outwards - like a sumo wrestler. Hold your hands together in front of your chest.

Keeping your back straight, lower your body towards the ground by bending your knees.

Bring your left leg in one step so that it lands next to your right leg.

Take one step with your right leg away from your left leg so that you are now back to the starting position.

Repeat the complete movement in reverse to complete one rep.
**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.

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**Step Up with Knee Raises**

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Abs, Calves

Place a chair or wooden box in front of you. Brace your core and lower back.

Step up on the box with your left leg, swinging your arms as you do so.

Take your right knee and raise it in front of you, into the air.

Step down with your right leg. Repeat exercise with the other leg. Keeping alternating sides.
Kneeling Hip Flexor Stretch

Primary muscle group(s):
Glutes & Hip Flexors

Step forward with the left leg as your right knee comes all the way to the ground.
Flatten your right foot out so the toes are pointing behind you.
Placing your hands on your sides, gently push your hips slightly forward.
You will feel the stretch in your right hip flexor.
Switch sides and repeat.

Neck Stretch

Primary muscle group(s):
Neck & Upper Traps

Stand tall with your head facing forward.
Lower your left ear to your left shoulder as far as is comfortable.
Place your left hand on your head, just above the right ear and gently pull the head a little further to the left side to feel the stretch on the right side of your neck.
Release the stretch and repeat on the other side.
Extended Child's Pose · Utthita Balasana

oo-tee-tah bah-LAH-sah-nah

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

Secondary:
Lower Back, Middle Back / Lats, Upper Back & Lower Traps

Sit on your heels. Bring your feet together and knees hip-width apart.

Bend forward with an exhale and rest your torso between your thighs. Relax your tailbone toward your feet.

Reach your arms far forward. Spread your fingers and press your palms into the floor. Rest your forehead on the floor.

Hold the pose and take slow, deep breaths.

Rise with an inhale.

Avoid this pose if you have a knee injury.