10-Minute Mini Workout #3
5 min · Abs, Back, Chest, Legs, Shoulders

Start with the first two moves as your warm up. Perform the next four exercises without resting. When you're finished with all four exercises, rest for 45 seconds. Repeat until you've reached 8 minutes. Cool down with the last two moves.

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**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.
**Push-ups / Pushups**

Primary muscle group(s):
- Chest

Secondary:
- Abs, Shoulders, Triceps

Get into position by placing your hands flat on the floor, directly below your shoulders. Extend your legs out behind you, with only your toes and balls of your feet touching the floor.

Hold your body up and keep your back straight by tightening your abdominal muscles. Your neck and head should be bent slightly back.

Lower your chest towards the ground by bending your elbows until your chest is just above the ground or you feel a stretching of your chest and shoulders. Hold for a count of one.

Press upwards from your chest and shoulders, straightening your arms as you return to the starting position. Hold for a count of one.

Repeat.

**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.
**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.

**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.
Knee-to-Chest Lower Back Stretch

Primary muscle group(s):
Lower Back

Lie on your back on a mat with your legs extended in front of you and backs of heels on the floor.

Grab hold of your right knee and gently pull it up to your chest until you can feel a slight stretch in your lower back.

Try to bring the knee as close to your chest as is comfortable while keeping the left leg relaxed.

Hold the stretch and then release the leg to starting position.
Repeat with the left leg.

Ragdoll / Forward Bend / Fold Stretch / Toe Touches

Primary muscle group(s):
Calves, Hamstrings

Secondary:
Shoulders

Stand tall with your feet together and arms at your sides.

Slowly, bend at the hips while keeping your knees engaged. Allow your upper body to hang over. Let your arms drop as well, dangling in front of you.

Once you’re fully bent over and your hands are at your toes, pause and feel the stretch in your hamstrings. (Optional: Flatten your back for 5 seconds then return to this position) Once you hold the stretch for up to 30 seconds, return to the starting position.