### 6-Minute Turbo Charged Morning Workout

Boost your energy and metabolism by doing this quick circuit before your morning shower. Perform each exercise for 50 seconds, with a 10-second rest in between to catch your breath. Repeat the circuit if you're up to it!

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Duration</th>
<th>Rest</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jumping Jacks</td>
<td>50 secs</td>
<td>10 sec</td>
<td>This will get your blood flowing!</td>
</tr>
<tr>
<td>Push-ups</td>
<td>50 secs</td>
<td>10 sec</td>
<td>Too hard? Do modified push-ups on your knees. Too easy? Do decline push-ups with a chair or step under your feet.</td>
</tr>
<tr>
<td>Bodyweight Squats</td>
<td>50 secs</td>
<td>10 sec</td>
<td>Keep your back straight, push from your heels.</td>
</tr>
<tr>
<td>Mountain Climbers</td>
<td>50 secs</td>
<td>10 sec</td>
<td>Left, right, left, right. Keep your form!</td>
</tr>
<tr>
<td>High Knees</td>
<td>50 secs</td>
<td>10 sec</td>
<td>Get those knees up, you're almost done!</td>
</tr>
<tr>
<td>Plank</td>
<td>50 secs</td>
<td></td>
<td>Tighten your belly for maximum effect. Think of that delicious breakfast you're about to have. Done!</td>
</tr>
</tbody>
</table>
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.

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.
**Bodyweight Squats**

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

**Secondary:**
Abs, Calves, Hamstrings

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head (prisoner squat) or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Pause for a count of one. Do not let your knees extend out beyond the level of your toes.

Return to the start position by pushing down through your heels and extending your hips forward until you are standing straight. Repeat.

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**Mountain Climbers / Alternating Knee-ins**

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

**Secondary:**
Chest, Shoulders

Place your hands flat on the floor, shoulder width apart.

Extend your torso and legs fully behind you with only your toes and balls of your feet touching the floor.

Your body should be in a straight line, with your weight supported on your hands and toes only.

Starting with either leg, flex your knee and hip at the same time to bring your knee up and under your hip. Your other leg should remain fully extended. This is the start position.

Using an explosive movement, reverse the position of your legs, by extending the bent leg back and simultaneously flexing the straight leg until it is in the start position.

Continue alternating in this manner for the desire amount of time.
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!

Plank

Primary muscle group(s):
Abs

Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.
Extend your legs straight out behind you, supporting them on your toes and balls of your feet.
Keep your body in a straight line by tightening your abdominal and oblique muscles.
Hold for as long as possible.

💡 For extra balance training and core strengthening, you can lift one arm or leg.