8-Minute Full-Body Awakening!
8 min · Abs, Chest, Legs, Shoulders

This mini morning workout will only take you 8 minutes, yet it will leave you feeling refreshed and ready to start your day! Complete every rep, and then reward yourself with a good ol' cup of coffee.

Push-ups
10 reps
Chest to floor with each rep, use your knees if necessary!

Squats to Side Leg Raises/Lifts
20 reps
Alternate your legs with every rep. This should take you 2 sets, max!

Plank
45 secs
Hold it steady and only use your knees if you really need to.

Plank to Push-Up
20 reps
Again, try to get these done in 2 sets max!

Lateral Lunges to Floor Touches
10 reps
Getting easier now, only 5 reps per side!

Static Squat Hold
45 secs
The final hold, you're ready to start your day!
**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.

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**Squats to Side Leg Raises/Lifts**

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

Secondary:
- Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Bend at the knees and drive your hips back as if you’re sitting in a chair. Continue to lower your body until your upper legs are parallel to the floor.

Then drive your hips forward and push through your quads and glutes to return to a standing position.

Just as you reach the standing position, lift your chosen leg out to the side; it should be straight.

Lower your leg back so that you return to the starting position and repeat for the other side!
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.

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.
Lateral Lunges to Floor Touches

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

Secondary:
Hamstrings

Stand tall with a tight core and make sure your feet are shoulder-width apart. Bring your hands together for balance.

Step directly to the left, leaving your right foot in place. Bend the left knee and reach down to the floor once the upper left thigh is parallel to the ground. Try to keep your back strong as you reach. Your right leg should be completely straight.

Contract the hamstring muscle then push off the ground to return to the starting position. Repeat on the right side.

Static Squat Hold

Primary muscle group(s):
Quadriceps

Secondary:
Abs, Calves, Hamstrings

Place your feet at shoulder-width or just outside of shoulder-width. Turn your toes out slightly. Brace your core and keep your chest up.

Swing your arms up to shoulder level as you slowly bend your knees and push your hips backward. Lower yourself until your thighs are parallel with the ground.

Pause and stay in this position for as long as you can. Return to the starting position by dropping your arms and push your hips forward.