

# 10 Minute Workout Challenge!

Get your day off to a great start in 10 quick minutes with these 5 simple moves.

## ① 20 Jumping Jacks

Start with your feet hip-width apart and hands at your sides. Simultaneously raise your arms above your head and jump so you can spread your feet shoulder-width apart. Then jump again to lower your arms and bring your feet together.



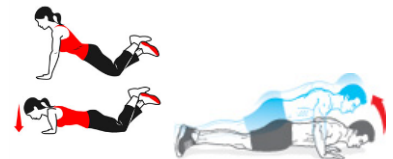
## ② 10 Prisoner Squats

Stand with your hands behind your head, your chest out and your elbows back. Sit back at your hips and bend your knees to lower your body as far as possible without losing the natural arch of your spine. Squeeze your glutes and push yourself back up to the starting position.



## ③ 10 Pushups

Assume the classic pushup position: legs straight, hands beneath your shoulders. Now brace your abs. Keeping your body rigid, lower yourself until your chest touches the floor. Then push back up until your arms are extended.



## ④ 10 Forward Lunges with Each Leg

From a standing position, take a large step forward with one leg. When your front thigh is parallel to the floor and your back knee is off the floor, hold for 1 second. Then return to the starting position and repeat with your other leg. Make it harder by holding the lowered position for 5 seconds.



## ⑤ 20 Stickups

Stand with your back to the wall and feet about 4 inches from the wall. Place the back of your arms against the wall, with upper arms parallel to floor and forearms at 90 degrees. Raise your arms overhead while keeping them against the wall at all times. Slowly return to below the starting position, tucking your elbows into your sides and bringing shoulder blades together.



**BONUS POINTS:** 1) Repeat these five moves.

2) Add a 10-20 minute walk!

**Days Completed the challenge:** \_\_\_S\_\_\_M\_\_\_T\_\_\_W\_\_\_T\_\_\_F\_\_\_S

**See if you can check off all 7 days!**