

# 10 and Done

## A moderate workout for a beginner fitness level

A 10-minute workout designed for anyone new to exercise or returning after a break. The workout is structured at a moderate intensity and pace.

### Walking

**Time:** 5 Minutes

Walk at a brisk pace.

**Tip:** You can tell you're walking briskly if you can still talk but are slightly out of breath.



### March in Place

**Time:** 1 Minute

Standing tall and alternating between lifting each knee to about hip height in a marching motion on the spot. Move your arms in opposition to your legs.

**Tip:** Keep your back straight, look forward, and try to keep your hips level.



### Step Touch

**Time:** 1 Minute

Stand with feet together, touch one foot to the side, bring back to the middle and touch the other foot to the other side, continue alternating.

**Tip:** Smooth steps, slightly bent knees, steady tempo.

