

10 and Done

A moderate workout for 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.



Alternating Punches

Time: 1 minute

Punch one arm forward at shoulder height, then the other. Alternate continuously repeating the motion.

Tip: Stand with your feet shoulder-width apart and a slight bend in your knees, keeping shoulders relaxed.



Standing Hamstring Curl

Time: 1 minute

Step side to side as you pull your heel toward your glutes, alternating legs.

Tip: Alternate kicking your heels back towards your glutes.



Arm Circles

Time: 1 minute

Extend your arms out to the sides and draw controlled circles with arms extended.

Tip: Keep shoulders relaxed and let the movement come from the shoulder joint, drawing dinner plate sized circles with finger tips.

