

# 10 and Done

A strength workout for beginner fitness level

A 10-minute strength workout designed for anyone new to exercise or returning after a break.

Perform each exercise for 1 minute and repeat for a total of 2 rounds.

## Chair Sit to Stand

Start seated, lean slightly forward, and stand up using control, then lower back down and repeat.

**Tip:** Press through your heels and keep your chest lifted as you rise.



## Incline Push Up

Place your hands on a bench, step back and lower your chest toward the bench before pushing away.

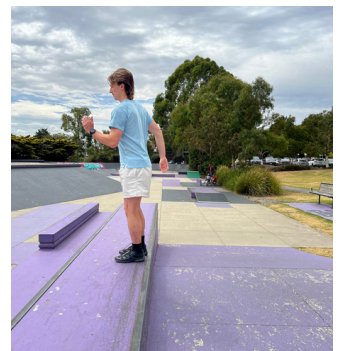
**Tip:** Keep your body in a straight line and draw your chest toward your hands, not your head. You can also do this on a table or couch.



## Step Ups

Stand in front of step and place one foot fully on the step. Push through one heel. Lift the body up while keeping the chest lifted and core tight. Step back down and alternate legs.

**Tip:** Maintain an upright posture, keep your knee aligned over ankle, and drive through your heel. Control the descent slowly.



## Bird Dog

Start on hands and knees with a neutral spine. Slowly extend your right arm forward and left leg back, keeping hips level and core engaged.

Return to center and switch sides, alternating with control.

**Tip:** Focus on lengthening through arm and leg while keeping your core tight and hips stable



## Bicep Curls

Stand tall, hold a weight in each hand with palms facing forward.

Curl your hands toward your shoulders, then lower slowly.

**Tip:** Keep elbows close to your sides and move with control without swinging.

If you don't have weights, you can use cans or bottles of water or shopping bags.

