



TEN-MINUTE WORKOUTS

	TOTAL BODY-DB	UPPER BODY-DB	LOWER BODY- no equipment
0-1	march In place	march in place	toe taps (20 R, 20 L)
1-2	march w/high knees	jumping jacks	calf raises
2-3	bicep curls (15)	front raises	hip swing (15 R, 15L)
3-4	standing oblique abs	lateral raises	squats
4-5	tricep kickbacks (15)	shoulder press	lunges
5-6	speed skater	wall squats w/ shoulder stretch	quadruped glute burn-R
6-7	bicep curls (15)	front raises	quadruped glute burn-L
7-8	standing oblique abs	lateral raises	squats w/ hip abduction
8-9	tricep kickbacks (15)	shoulder press	lunges w/ knee lift
9-10	march In place	march in place	march in place
	TOTAL BODY- no equipment	UPPER BODY- band/tube	CARDIO REMIX
0-1	step touch	arm circles	step touch
1-2	stork stance- R	window washer- R	high knee jog
2-3	push ups	cable row	jumping jacks
3-4	tricep dips	horizontal shoulder press	speed skater
4-5	squats- one leg (10 R, 10 L)	reverse fly	mountain climber
5-6	lunges w/ side reach & flex	window washer- L	glute kick jog
6-7	standing oblique abs	cable row	jumping jacks
7-8	quadruplex	horizontal shoulder press	speed skater
8-9	stork stance- L	reverse fly	mountain climber
9-10	step touch	arm circles	march in place

These workouts assume a working knowledge of basic cardio and resistance training moves. If you have any questions, please contact Balance Personal Fitness Training. The abbreviation "DB" refers to dumbbells (hand weights) and "band/tube" indicates that a resistance band or tube should be used in each exercise. The resistance used should correlate to your current level of fitness.

Please ensure that you are healthy enough to engage in moderately intense physical activity before attempting these workouts. As with any new exercise program, you should consult your physician for health clearance. Balance PFT shall not be held liable for any injury resulting from these workouts.