

SOUTHPORT PHYSIOTHERAPY CENTRE

3E/34 High Street, Southport QLD 4215 P: (07) 5591 4333 F: (07) 5591 4399

10-minute do-anywhere workout

Struggling to find the time to exercise? Unable to afford that expensive gym membership? Unsure where your motivation has gone?

I've got you covered with this super speedy 10-minute do-anywhere workout. A lack of time and money is no barrier because this workout is short, sharp and super effective.

You don't have to go on a 10km run or complete back-to-back gym classes to get fit. Small doses of activity throughout your day will add up, and before you know it, you'll be feeling fitter, healthier and happier.

This session is the perfect combination of strength, cardio and FUN! All you need is a timer, your body and a bit of space (your living room is perfect). If you can't find the motivation to do it alone, recruit your partner, flatmate, work buddy or kids.

Spend 20 seconds completing each of the exercises outlined below, rest for 30 seconds and then repeat the circuit. Remember this is a 'no excuse, no fuss' workout, so let's get started!

Go at your own pace. When you develop the habit of regular exercise, you can push yourself a little harder.

As you improve your strength and fitness extend each exercise to 30 seconds and add an extra set of the exercises.

Now let's get started!

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1. Squats

Start with your feet just outside hip distance apart, then sit back into an imaginary chair. Keep your weight on your heels, your shoulder blades back and down, your chest out and proud and your core tight. Remember to breathe.



2. High knees

Stand tall with shoulders back, spine long and core engaged. Bring each knee up to your chest while raising the opposite arm and then alternate sides moving as fast as you can.

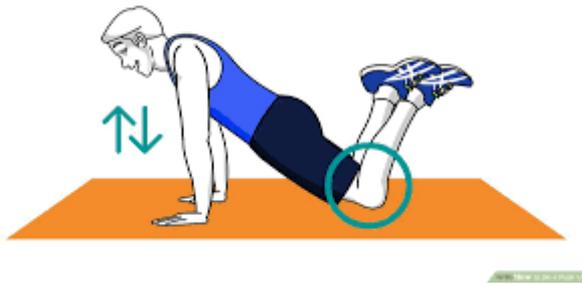


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3. Push up with two plank rows

For the push up, start on your knees for beginners and toes for advanced. Make sure your hands are wider than your chest, keep your pelvis tucked under and lower core engaged. Lower your chest as far down as you can go then push all the way up. For plank rows, your arm should scrape past the ribs activating your back muscles. Repeat with the other arm then complete another push up.



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4. Lateral skaters

Hinge your body over, keeping the spine long and core engaged. Skate by staying low then exploding up into a hop on a single leg. Repeat on the other side.



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5. Bicycle crunches

Keep your hands interlaced behind your head and your elbows wide. Take one elbow over to the opposite knee, lifting your shoulder blade off the floor each time. Repeat on the other side.

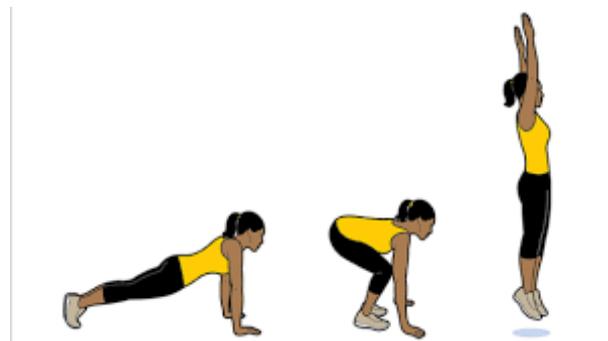


6. Jump lunges to burpee

Jump alternating feet back at hip distance apart – don't stand on an imaginary tight rope! If you can, try to make your back knee almost kiss the ground. After you've completed two lunges (one on each side), your hands go down on the ground. From there, jump your feet out at the same time into a plank. Then, jump your feet in as wide as your hands, stand up and reach above your head.



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That's it – You're done!! Yeh