Please consult with a physician before starting any exercise program

10 Exercise Workout

This workout is all about adaptability. There are 10 exercises carefully chosen to balance your muscle groups. One minute per exercise. You can go through the list once, if that is the amount of time you have, or if you are a beginner. If you are already exercising regularly, try 3-5 rounds. Remember all exercise requires a full body warmup.

If you don't have ANY exercise equipment at home…it is time to get creative. I am using 2 laundry detergent bottles (5.5 lbs each). Set an interval timer to 4 secs work/15 secs rest OR just count to 20. Some people find the timer very motivating! You can download a timer to your phone for free.

Really focus on your technique during this workout performing slow, deliberate movements.

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1. Walking lunge with a twist across body, with or without a weight
2. Narrow leg squats touching floor with something
3. Shoulder press, standing on one leg, with both arms raising overhead at the same time
4. Side lunges to the right, bring knee up and pause between reps for core/balance
5. Repeat left
6. Double triceps kickbacks, or one arm 20 secs then switch sides if you have only one weight
7. One arm row, 20 secs, switch arms OR two arm bent over row if you have 2 weights
8. Rear deltoid raise, double arms if you have 2 weights, head and spine align
9. Pullover with your weight, head on mat, alternating knees, go slowly
10. Sit-ups with a twist at the top, OR sit backs to modify, add resistance to increase intensity

Another easy way to bump up the intensity of this list is to add 1 minute of cardio between each exercise. Just let your timer keep running and every second round keep moving so your heart rate stays up. Every exercise session should end with 5 to 10 minutes of stretching. See our stretch handout/video. Next page has photos of the exercises.

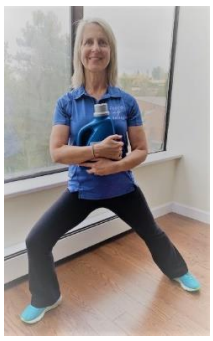
1. 

2. 

3. 

Remember to exhale on effort and breathe continuously throughout the exercise

1. Walking lunges always twist toward the leg in front
2. Sit back on your heels for squat
3. Make sure you can lift your weights overhead on two legs before trying it with one leg off the floor!

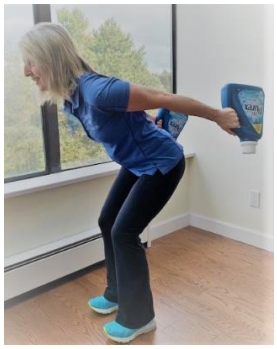
4. 

5. 

Technique is key on the side lunge

4. Keep your body tall in an upright position and step to your right with your toe pointed in the direction you are moving
5. Bring the leg that stepped to the right back to centre and lift the same knee up and pause. Do lunges all to the right; repeat left. This photo is after stepping to my left

6. 



7. 

Eyes should be looking forward except if someone asks what is for lunch.

One arm option

8. 

The back of the shoulders or rear deltoids. Keeping your arms straight but with a soft elbow, engage core and lift arms straight behind you without moving your body

9. 

10. 

9. Pullover. Your back remains on the floor without arching in what we call a “neutral spine”. When you reach back be aware of shoulder restrictions. Exhale as you pullover and bring both knees to chest. Alternate legs out. Modify to easier version by leaving knees into chest

10. Sit up with a twist. Keep feet on the floor. If this is too challenging just sit back to 45 degrees, then sit up