Mini Snack Workout #2

**consult your physician before starting an exercise routine*

On occasion you do not have time for a big meal, or you just aren't that hungry, so you enjoy a snack! The snack gives you energy and tides you over to your next big meal. Think of your workouts in the same way. If you just do not feel like doing a 60-minute workout, or you don't have time to do a full meal deal exercise session – consider a snack workout. A mini exercise session of just 10 to 15 minutes will tide you over, give you energy and make you feel better. Rather than skipping your meal/workout completely try a mini workout!

Pick a focus or a theme for a quick mini workout

- This short workout is all compound exercises, using more than one muscle group
- All exercises require stabilization and core engagement. Execute 8 to 12 repetitions of each exercise. Repeat all exercises once, then decide if you want to run through the circuit again.
- Perform the motions slowly and deliberately
- Increase sets and or resistance as the exercises get easier.
- Remember even a short workout needs a warmup and a stretch



Squat, bicep curl, overhead press
With feet shoulder width apart squat down to calf or floor depending on flexibility. As you stand up bring the wts up in a double bicep hammer curl. Finish the exercise with a shoulder press with wts pointing forward.


Side lunge with a row
Step to the side and lunge while reaching the opposite hand towards the floor. Keep your head up and use your legs, rather than bending with your back. As you stand up pull the weight to a row position, squeeze back muscles. Repeat reps on the same side. Switch sides and repeat motion on the other side.


Deltoid raise with leg abduction
Double arm side deltoid raise with arms bent or straight. Alternate side leg raises with each repetition. Engage your core to improve balance and do the exercise slow and controlled.



Triceps kickback, core, push-ups, Perform kneeling triceps extension 8-12 reps. Do narrow arm push-ups as many as possible before repeating triceps on the other arm.