



10 Minute Energy Booster: Workout 1

Anytime Workouts

1 circuit

60 secs
per exercise

10min
69cal



Perform the exercises for 1 minute each in a circuit.

Boost your energy and metabolism with these workouts that contains 10 bodyweight exercises and can be performed anytime, anywhere.

Equipment: Bodyweight

90:90
Stretch



- 1 - Lie on your side with your arms together on the floor in front at shoulder height.
 - 2 - Raise one arm straight up to a 90 degree angle and look up at your hand.
 - 3 - Lower this arm straight down to the floor on the other side.
- Return this arm back to the start position.
 - Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Spiderman Lunge
Stretch



- 1 - Start in the top position of a push up with your arms straight.
 - 2 - Step one foot forward to your hand, bending at the knee.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Dead Bug
Abs



- 1 - Lie on your back with your knees bent and feet raised with your arms straight up over your chest.
 - 2 - Lower one leg and the opposite arm straight down toward the floor, keeping the other leg and arm steady.
- Raise the leg and arm back to the upright position and repeat with the opposite leg and arm.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Locust
Lower Back



- 1 - Lie face down on the floor with your legs straight and your arms by your sides, palms up.
 - 2 - Raise your upper body and arms off the floor, clasping your hands together behind your back.
- Hold this position briefly, then lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Squat
Legs



- 1 - Stand upright with your feet flat, shoulder-width apart and your arms down your sides.
 - 2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
 - 3 - Push through your heels to return to the top position.
- Keep your back flat and your head up throughout the movement.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	



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Kneeling Push Up

Chest



1 - Support your body on your knees and hands with your elbows bent, feet raised and your chest nearly touching the floor.

2 - Push up to a straight arm position.

- Lower your body back to the start position and repeat, keeping your back flat and hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Jack Knife

Abs



1 - Lie on your back with your knees bent, feet flat and hands to the sides of your head.

2 - Lift your head and shoulders off the floor while also bringing your knees in to your chest.

- Try to get your elbows to meet your knees in the middle.
- Lower your upper body and legs, then repeat.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Chair Dip

Hotel



1 - Place your palms on a chair or bench behind you and your heels on the floor with your legs and arms straight.

2 - Bending at the elbows, lower your body toward the floor.

3 - Push up through your palms to return to the start position.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Quad Superman

Lower Back



• Begin on all fours with both knees and hands on the floor.

1 - Raise one arm and the opposite leg straight up to shoulder height.

2 - Slowly lower your arm and leg and repeat with the other arm and leg.

- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Lower Body Twist

Abs



1 - Lie on your back with your knees bent and feet raised, placing your hands at your sides.

2 - Roll your legs to one side touching your knee to the floor.

• Roll your legs to the opposite side to touch, keeping your knees bent and your upper body stable throughout.

- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	