

The
Guidebook to
OPTIMUM HEALTH

**10-mins of Movement
(An Aerobic Workout)**



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BONUS

10-mins of Movement (An Aerobic Workout)

Instructions:

Select 10 exercises from the list below and do them for 1 minute each, with no rest between.

There are no props required and it can be done in a relatively small space. All you need is a watch or timer. You can download a timer to your smartphone.

Choose 10 Exercises from this list:

————— Jumping jacks (star jumps) —————



Knee raises



Forward lunges (leg steps forward)



Backwards lunges (leg steps backwards)



Half-squats



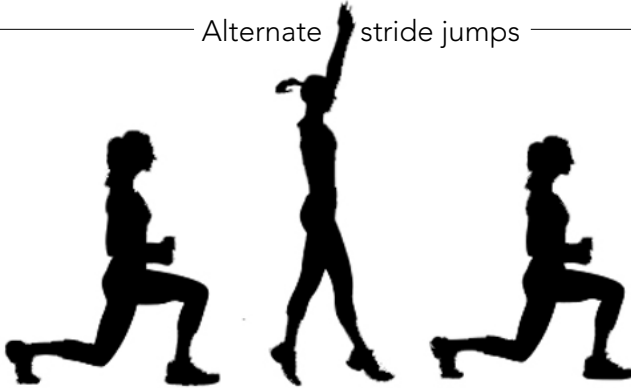
Full squats



Leg raises with straight legs



Alternate stride jumps



— Jumping on the spot (every count of 5 spring a little higher) —



Jumping side to side



Jumping back to front



Push ups



Burpees



Half-Squat + Jump



One-legged hop (30 sec each leg)



Jogging on the spot with knees up



Marching on the spot with knees up

**Notes:**

1. The aim is to keep your body moving.
2. If you need a break or to rest just march on the spot until you feel ready to get back into it.
3. After the 10-mins is up just walk about, stretch the body and shake it out. Because it is not a high intensity workout, a 2-min wind-down is probably enough.
4. If you have an injury and are not sure how to work around it, get some professional advice from a physiotherapist or quality fitness trainer.