

Just 10 minutes.....

Cool down: Standing, alternate heel digs to ground

9

Warm up: Knee taps, standing up, alternate knees and hands

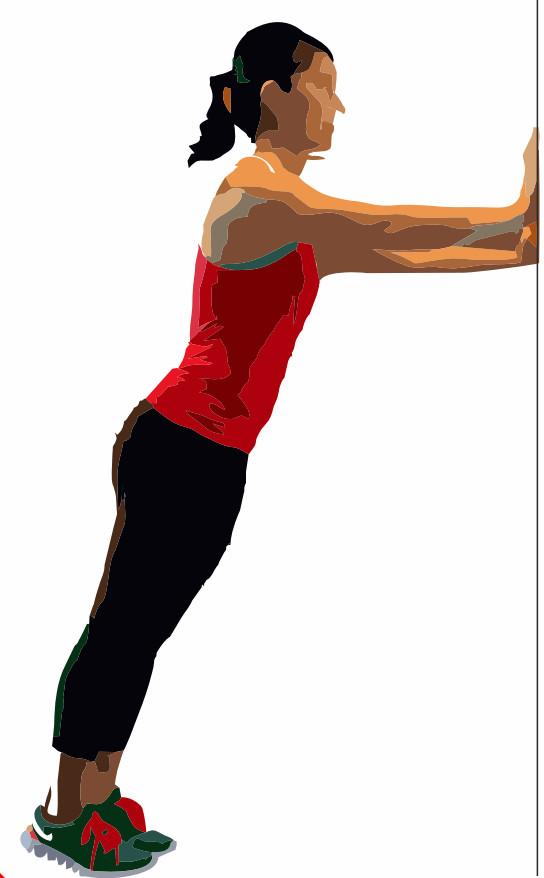
1

Squats at back of chair

8

2 Pass a hand weight around back and then under each leg

2



Wall press ups

7



10 minutes to get moving
Try 30 seconds on each station and then increase to 45 seconds up to one minute

3 Sit to stand squatting slowly down

3



6 Reach arms above head and back down holding a hand weight

6



Leg lunges

5

4

4 Shoulders reach hands up, shoulders hands out, shoulders hands down with a handweight

What's holding you back...

...make the time for you

Aim: carry out every other day

Goal: improve **your** health and fitness



Target: increase repetitions to 45 seconds, then one minute each station

.....as there is only one you