



Take 10!

Do at least 10 minutes of activity at a time to reach your weekly activity goal. Add a 10-minute walk to your lunchtime routine, or before and after work.

Warm up:

Start with these moves to get your body ready.

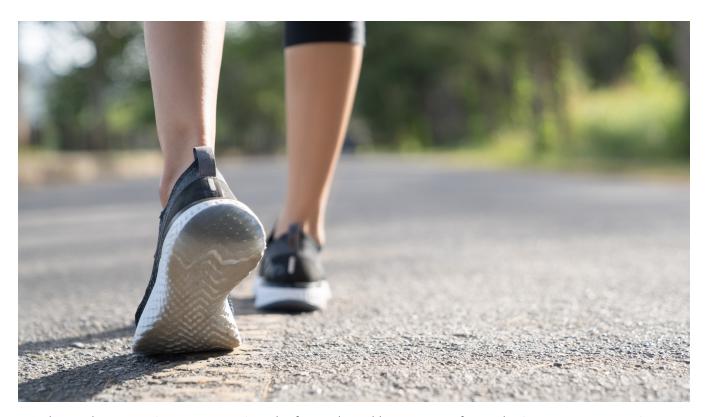
- Standing Arm Circles 30 seconds
- Marching in Place 1 minute
- Air Squats 30 seconds
- Jumping Jacks 1 minute

Workout:

Complete the following moves, resting as needed. Repeat the circuit as many times as you can, with the correct form.

- Heel Raises 15 reps
- Glute Bridges 15 reps
- High Plank 30 seconds
- Heel Raises 15 reps
- Glute Bridges 15 reps
- High Plank 30 seconds

Need help with the workout movements or want more workouts for home? Visit www.plan.eat.move.com for more information.



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