



QUICK AND EASY WORKOUT ON YOUR BREAK

This routine using an exercise band is a great way for you to get a whole-body muscle workout in just ten minutes. Do the workout as part of your meal and/or coffee break!

Begin by doing the workout two times each week, with at least one day in between. On the days in between you can take a walk or do some other exercise instead. As you get better at this workout, you can add repetitions or do the workout more often.

Do the exercises slowly and try to position and move your body as described and shown in the pictures. Work up to at least 10 repetitions of each exercise.

1. LUNGES (done without the exercise band)

Stand up straight with your feet together. Step forward with one leg, about 2 to 3 feet. Lower your body toward the ground by bending your back knee. Bring your knee as close to the ground as you are able to. Keep the knee of your front leg behind or even with your toes. Slowly push up. Repeat 10 times on the same leg, then change legs. Use a chair for balance if needed.



2. SQUATS (exercise band is optional)



Place the band under the arches of both your feet. Hold one end of the band in each hand. Stand with your feet about shoulder-width apart. Keep your abdominal muscles tight. Bend your knees and press your buttocks back into a seated position until your thighs are about parallel with the floor, while keeping your back in a natural arched position. Keep your heels firmly planted on the floor. Slowly return to the starting position.

3. OUTER THIGH SIDE STEPS

Stand with your feet together and your back straight. Do not lock your knees. Place the center of the band under the arches of both your feet. Hold the ends of the band in each hand, and pull them up close to your body as much as the resistance of the band will allow. Side step with your right foot as wide as you can, then step together with your left foot. Then side step with your left foot as wide as you can, then step together with your right foot.



4. PLIE SQUATS (done without the exercise band)



This is done without the exercise band. Stand with your feet very wide apart and your toes pointing out 45 degrees. Slowly bend your knees, lowering the center of your body until your thighs are parallel with the floor. Make sure that your knees do not extend beyond your toes. Slowly stand back up into the starting position while squeezing your inner thighs. If you can't easily balance while bending your knees, put your hands on a table or desk top.

5. UPRIGHT ROWS

Place the center of the band under the arches of both your feet. Stand with your feet together and your back straight. Do not lock your knees. Hold one end of the band in each hand. Start with your arms hanging straight down at your sides, with your knuckles facing forward. Pull your hands to shoulder level, leading with your elbows and keeping your hands close to your body. Slowly return to starting position.



6. BICEPS CURLS



Place the center of the band under the arches of both your feet. Stand with your feet together and abdominal muscles tight. Do not lock your knees. Tuck your elbows in close to your sides. Keeping your elbows still, start with your arms hanging straight down and your palms facing forward. There should be no slack in the band. Slowly and smoothly raise your hands to 90 degrees, while keeping your elbows at your sides. Slowly lower to the starting position.

7. TRICEPS EXTENSION

Stand with your feet shoulder-width apart and abdominal muscles tight. Do not lock your knees. Hold the band behind your back so that one hand is grasping it at waist level and the other is grasping it at neck level. There should be no slack in the band. Keeping your hand at waist level, extend the top arms above your head by moving just your elbow. When your arm is extended, it should be next to your temple and your palm should be faces forward. Slowly lower to the starting position. Repeat 10 times then switch arms.



8. CHEST PRESS



Stand with your feet shoulder-width apart, back straight and abdominal muscles tight. Do not lock your knees. Wrap the band around your upper back, under your arms, and hold one end in each hand. Raise your elbows to chest level, keeping your arms parallel to the floor. Extend your arms straight in front of your body, without locking your elbows. Slowly return to the starting position.

9. UPPER BACK

Stand with your feet shoulder-width apart and back straight. Do not lock your knees. Hold the band so your arms are slightly wider than shoulder-width apart and there is no slack. Hold your arms straight in front of you at chest level, parallel with the floor. Slowly pull your shoulder blades back, keeping your elbows slightly bend, while pushing your chest slightly forward. Return to starting position.



10. OBLIQUE CRUNCHES



Place the center of the band under the arches of both feet. Stand with your feet shoulder-width apart and your back straight. Do not lock your knees. Hang both arms at your sides and hold the band in each hand, so that there is very little slack. Slowly bend to one side at the waist, keeping your upper and lower body aligned. Slowly return to starting position. Do the same exercise on the opposite side.

11. STANDING ABDOMINAL CRUNCH (done without exercise band)

Stand with feet together and abdominal muscles tight. Do not lock your knees. Place your hands behind your head. With one foot firmly planted on the floor, slowly lift the other knee till your thigh is parallel to the floor. At the same time bend forward at the waist, with your chest toward your bended knee. Slowly return to starting position. Repeat 10 times. Do the same exercise on the opposite side. If you can't easily balance on one foot, put the hand opposite the leg you are lifting on a table or back of a chair.

