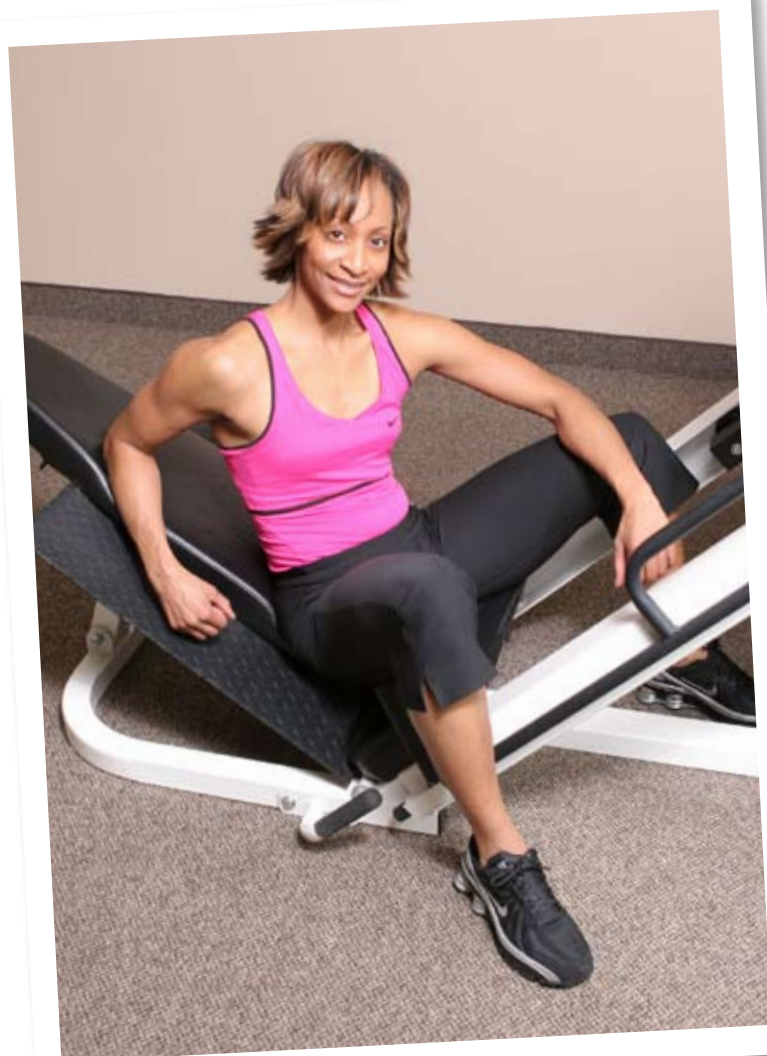


## 10-Minute Total Body Workout



There are 1,440 Minutes in a Day; Your Health is Worth 10 Minutes!

cardio and flexibility for better overall fitness and to burn more calories. So aim for two or three 10-minute workouts each week and a total of five days of physical activity – by adding a brisk walking or jogging routine in between 10-minute workouts.

The American Heart Association recommends 30 minutes of moderate activity each day, but studies show more intense bursts of activity and strength training can help you gain the same benefits of moderate exercise in less time. Your health is worth it! So, we encourage you to make your 10 minutes really count.

### 10-Minute Total Body Workout

(create a clock or graph or table with following minutes)

#### Warm-Up

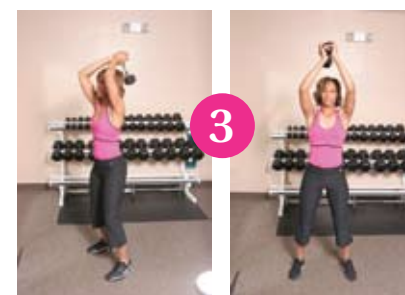
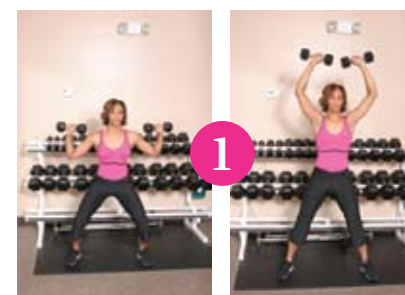
- 2 Minute Exercise One - Squat and Press
- 2 Minute Exercise Two - Lunge and Curl
- 2 Minutes Exercise Three - Triceps Extensions
- 2 Minute Exercise Four - Raise and Lift
- 2 Minute Exercise Five - Press and Crunch

#### Stretch

**HAVE QUESTIONS, E-MAIL ANDREA AT: [ariggs@blackhealthmag.com](mailto:ariggs@blackhealthmag.com) or log on to [www.blackhealthmag.com](http://www.blackhealthmag.com)**

So set aside the demands of life for a while and schedule just 10 minutes to make exercise and your improved health a higher priority. This year, Black Health's fitness expert, Andrea Riggs, CPT (ACE, AAI, ISMA) will focus on total body workouts with compound movements. This allows you to simultaneously work different muscle groups, in less time more quickly and efficiently. Each workout will combine strength,

*Of course*, there are time constraints of being a real life superwoman! Whether you are holding board meetings, powering your entrepreneurial dreams, or caring for your family, your ability to perform at your best requires energy, stamina and strength. If you desire high performance and want the positive effects of exercise, then find the time. Your health is worth 10 minutes of really good exercise.



**Warm-Up** Turn on your radio and step in place (beginner), do jumping jacks (intermediate), or squat jumps (advanced) to your favorite beat. (Two sets of 10 repetitions.)

### Exercise One

**Squat and Press:** works your lower body (thigh), upper body (shoulders) and abs.

**Position:** Stand up with your feet shoulder width apart, knees slightly bent and holding a pair of dumbbells slightly above the shoulders with palms facing forward.

**Movement:** Squat down, keeping your body upright, slowly bending your knees until your thighs are almost parallel to the floor, keep your abs tight and shift your body weight to your heels so your knees stay in line with your toes, hold for a second and squeeze, then push through your heels and stand up, as you bring your arms together overhead. (Repeat (Two sets of 10 repetitions.)

### Exercise Two

**Lunge and Curl:** works your lower body (thigh), upper body (front arms) and abs.

**Position:** Stand up with your feet shoulder width apart, with a dumbbell in each hand.

**Movement:** Take a long step forward, curling the dumbbell up towards your shoulder while bending your front knee until your thigh is parallel to the floor, keep your abs tight and push through your heel to return to the starting position. (Alternate Legs and Repeat two sets of 10 repetitions.)

### Exercise Three

**Triceps Extensions:** works your upper body (back arms).

**Position:** Stand with your feet shoulder width apart, with a single dumbbell overhead.

**Movement:** Bend elbows to lower dumbbell to your shoulder, keep elbows pointing inward, extend arms and return to starting position, squeeze your arms and lower. (Repeat two sets of 10 repetitions.)

### Exercise Four

**Raise and Lift:** works your lower body (thighs), upper body (shoulders) and abs.

**Position:** Stand up with your feet together and hold dumbbells with an overhand grip.

**Movement:** Raise dumbbells up and away from your body, parallel to shoulders, then lower the arms back to your thighs, lower the upper body while holding dumbbells toward the ground, hold to stretch the back of your thighs, squeeze your bottom and stand up. (Repeat two sets of 10 repetitions.)

### Exercise Five

**Press and Crunch:** works your upper body (chest) and abs.

**Position:** Lie supine on the floor with your knees bent and feet flat on the floor, grasp and hold a dumbbell in each hand directly over your shoulders with neutral grip.

**Movement:** Exhale and press dumbbells over your chest, then raise your upper back off the floor, hold and squeeze your abs for five seconds and slowly return to start position. (Repeat two sets of 10 repetitions.)

**Stretch** Inhale and extend your arms, stand with feet wider than shoulder width, clasp your hands and stand on your toes, return your heels to the floor, then exhale and reaching downward slowly moving clockwise to each foot, circling back to your starting position. Repeat. ■