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# 10-minute Workout Anywhere

Boost your heart rate and brain power with this quick home workout. For a digital version of this workout, visit **heart.org/movefor10**. Do each exercise at your own pace for 30 seconds with 30 seconds of cardio between exercises (such as high knees, march in place, jog in place). Rest as needed.

**Try these tips:**

*Weight(s) can be small dumbbells, kettlebells or anything heavy you may have at home, like a purse, water bottle or gallon jug, backpack or book. Or make your own adjustable weight by loading a small tote bag with magazines or books.*

*Stabilize yourself as needed by holding or touching a wall, desk or stationary (non-rolling) chair. As you get stronger, test your balance by letting go of the support.*

*Please speak with your health provider before starting an exercise program and with a fitness professional for adaptations that best meet your individual needs.

## Shoulder Rolls

**Activity:** Standing or sitting with feet hip width apart, slowly roll both shoulders forward, up, back and down. Reverse direction.

**Add Intensity:** Hold hand weights down at sides.

## Squats/Chair

**Activity:** Standing with feet hip width apart, keeping back straight, bend knees and hips as if to sit down in a chair with arms out in front of you. For squats, straighten back up and repeat. For chair pose, hold in "seated" position.

**Add Intensity:** Raise arms overhead or hold weight(s) at chest or shoulders.

## Calf Raises

**Activity:** Standing or sitting with feet hip width apart, keep legs straight but not locked as you slowly lift heels and rise to tip-toe position, then lower back to floor.

**Add Intensity:** Do on one leg at a time while keeping raised foot at ankle or knee. Do at least 10 repetitions before switching to other side.

## Side Bends

**Activity:** Standing or sitting with feet hip width apart and hands on hips or overhead, bend to one side and return to standing. Do at least 10 repetitions before switching to other side.

**Add Intensity:** Hold a weight down at your side (on working side), at chest level or overhead.

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## Toe Taps

**Activity:** Standing or sitting with feet hip-width apart, lift knee to waist height, extend and tap toe on floor in front of you, lift knee again and return to standing. Alternate sides.

**Add Intensity:** Tap toe on the edge of a wastebasket, chair or desk instead of the floor.

## Pushups/Plank

**Activity:** Standing with feet hip-width apart, place hands shoulder-width apart on stable surface such as wall, desk edge or stationary (non-rolling) chair, walk feet out behind you until body and legs are in a straight line at about 45-degree angle with floor. To begin hold in plank position (make sure to tighten abs) and bend and straighten at elbows. You may also do pushups from the floor (begin with knees on the ground and work up to full pushups).

**Add Intensity:** Lift one leg behind you and hold during pushups or plank. Repeat for other leg.

## Neck Stretch

**Activity:** Standing or sitting with feet hip-width apart and shoulders down and back, look straight ahead and tilt ear toward shoulder until you feel the stretch. Hold for about 10 seconds. Repeat to other side and forward.

**Add Intensity:** With hand on top of head in each position, apply light pressure to increase stretch.

## Leg Lifts

**Activity:** Sitting at the front edge of a chair with feet flat on the floor, straighten one leg out in front of you and hold in place for a few seconds. Return foot to floor and repeat and alternate legs.

**Add Intensity:** Instead of sitting on chair, support your weight with your hands.

## Thigh/Glute Squeeze

**Activity:** Sitting at the front edge of a chair with feet flat on the floor, squeeze glutes and thighs together and hold for at least 10 seconds.

**Add Intensity:** Hold a book or other sturdy item between your knees without using your hands.

## Forward Bend

**Activity:** Sitting at the front edge of a chair with feet flat on the floor, fold forward with chest to thighs and head dropped forward. Relax and take a few deep breaths.

**Add Intensity:** Do forward bend in standing position with knees slightly bent.

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