



American Heart Association.

Healthy for Good™

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 a "seated" position.

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



Calf Raises

Activity: 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 the floor.

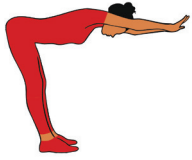
Add Intensity: Do on one leg at a time while keeping the raised foot at ankle or knee. Do at least 10 repetitions before switching to the other side.



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 the other side.

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



Tabletops

Activity: Activity: Standing with feet hip-width apart, keeping back straight, bend forward at hips until body is parallel with floor. Arms may be out to sides or overhead. Hold for a few seconds on each repetition.

Add Intensity: Hold hand weights out to sides or one weight with both hands at chest level.



Pushups/Plank

Activity: Standing with feet hip-width apart, place hands shoulder-width apart on a stable surface such as a wall, desk edge or stationary (non-rolling) chair, walk feet out behind you until your body and legs are in a straight line at about a 45-degree angle with the 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 the other leg.



Neck stretch

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

Add Intensity: With a hand on top of your head in each position, apply light pressure to increase the stretch



Leg Lifts

Activity: Sitting at the front edge of a chair with your feet flat on the floor, straighten one leg out in front of you and hold it in place for a few seconds. Return foot to the 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 your feet flat on the floor, squeeze your 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 your 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 a forward bend in a standing position with knees slightly bent.

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