

Micro-Workout Ideas

FEBRUARY 2023

PHYSICAL

EMOTIONAL

SOCIAL

FINANCIAL

GROWTH

ENVIRONMENTAL

7-Minute Workout:

Do each exercise for 30 seconds with a 10 second break after each

- Jumping jacks
- Wall Sits
- Push-ups
- Burpees
- Crunches
- Squats
- Lunges
- Step-ups on to sturdy chair or bench
- Side planks
- High knee running in place



- Push-ups with rotation
- Dips on a sturdy chair or bench
- Front planks

10-Minute Workout:

Bike, run, walk, row, or swim with alternating intensity

- Warm-Up: 2 minutes
- All-Out: 20 seconds
- Slow + Easy: 2 minutes
- All-Out: 20 seconds
- Slow + Easy: 2 minutes



- All-Out: 20 seconds
- Cool Down: 3 minutes

10-Minute Workout:

Brisk walk

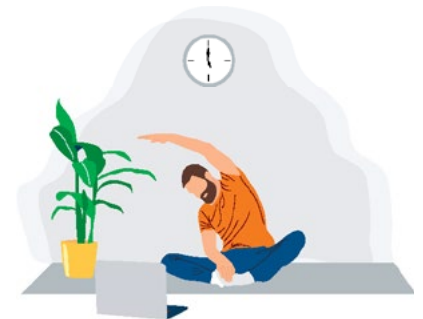
- Not a leisurely stroll, this walk should get your heart rate up and have you breathing harder



10-Minute Workout:

Yoga-inspired stretching

- Not sure where to start? There are many apps and videos that can guide you through a quick stretching routine



NOTE: Before starting a new exercise routine, it's a good idea to talk with your doctor.