

Appendix I: Take Tens

Minute 1: hold a front plank (this will warm you up; see page 31 for instructions)

Minute 2: squats - hips level with knees before rising back up

Minute 3: 30 seconds of push-ups, 30 seconds of triceps dips

Minute 4: dance like you know you are a rock star (give it all you've got!)

Minute 5: walking lunges (if advanced, add weights)

Minute 6: jumping jacks or jump rope (beginners: quick march)

Minute 7: quick tempo squats this time (45-60 in one minute)

Minute 8: hold front plank, then move from forearms to hands, lower and repeat (do not rock through the hips while moving)

Minute 9: speed-walk or run as fast as you can

Minute 10: V-ups

Minute 1: hold a front plank on your hands instead of forearms, and with your toes on the plates, draw each knee in alternately to opposite elbow while keeping hips down and naval pressed to spine, hovering over the floor

Minute 2: curtsey lunges with ball of each foot sliding the plate back, alternating right and left with fairly quick tempo (see photo)

Minute 3: 30 seconds of push-ups, 30 seconds of triceps dips

Minute 4: stand on the plates on your toes, feet together, and do a quick hip twist side to side, pushing one arm out at a time in front of you as your upper body twists opposite of your lower body

Minute 5: with the ball of each foot on a plate, do lateral shuffles (quick shuffle steps sideways across the room and back)

Minute 6: scissor shuffle - toes pointing forward, plates under feet in tandem foot position, switching feet in a scissoring motion; arms like you're running

Minute 7: stand as wide as you can on

the plates, toes out and hips low: 1) bring feet together with a quick hop, standing taller as you draw feet in; 2) slide out with a little scoot and repeat (as you get more comfortable with this, you can do it more briskly)

Minute 8: single-leg dead lift (weighted if desired), 10 R, 10 L and repeat (see above)

Minute 9: "mountain climbers" with balls of feet on discs/plates (see photo, left)

Minute 10: basic crunches

Minute 1: punching bag arms (increasing speed as you warm up), while holding a wide, low squat (toes out) - 30 sec R, 30 sec L

Minute 2: 30-second front plank*; (beginners, continue with plank hold; advanced, do squat thrusts/burpees for the second 30 seconds)

Minute 3: sprinter pulls* (aka "screamers") - 10 R, 10 L; repeat

Minute 4: side plank with straight leg* (bent lower leg for beginners) - 30 sec R, 30 sec L

Minute 5: lunge forward R (knee over ankle), step feet together, and lunge back L, step feet together - 30 seconds, then switch lead leg for 30 seconds

Minute 6: 30 sec pushups, 30 sec triceps dips

Minute 7: fast feet (sprint in place) - 30 seconds; wall squat - hold for 30 seconds (back flat against the wall, legs in front as if seated in an imaginary chair)

Minute 8: explosive jump up on a step or stair, then step down, repeat

Minute 9: hold your balance while doing a side kick with 1 leg with a quick toe tap down before lifting for another side kick - 30 sec R side, 30 sec L; allow yourself an extra moment of slow moving to cool down before finishing with abs in Minute 10

Minute 10: supine bicycle crunches*