



# TAKE 10 WORKOUT —Day 31

Perform this workout 3 times today using Paper Plates or Gliding Disks on a smooth surface. This added instability will make the exercises a bit more difficult. You have the option of replacing this workout with the Day 49 Take Tens workout or doing alternative exercises in the right column below, or doing the moves without plates. Warm up for a few minutes before beginning by taking a short walk or performing other rhythmic movements so your muscles are warm and limber. Take a few minutes to cool down and stretch after.

If you are unsure how to perform an exercise or would like a “form check”, stop by the fitness offices, ask your Trainer or go to: <http://www.acefitness.org/acefit/exercise-library-main/>

	Exercise	Alternative
Minute 1	Plank (Toes on plate. Alternately draw leg across to opposite elbow while keeping hips low)	Hold Plank or omit plate and simply draw in knee to opposite elbow
Minute 2	Curtsey Lunge with ball of foot on plate (alternate legs—fairly quick tempo)	Alternating Curtsey lunge without plate, standard alternating lunge
Minute 3	30 Second Pushup/30 Second Tricep Dip	Knee pushups, overhead tricep extension or tricep kickbacks
Minute 4	Standing Hip Twist—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	Standing Rotation with Medicine ball or bicycle crunches
Minute 5	With the ball of each foot on a plate, do lateral shuffles (quick shuffle steps sideways across the room and back)	Quick lateral shuffles without plate
Minute 6	Scissor shuffle—toes pointing forward, plates under feet, switch feet in a scissoring motion; arms like you are running	Alternating Quick step backs
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	Lateral Lunges with one foot on plate or lateral lunge without plate
Minute 8	Single Leg Deadlift (weighted if desired) 10 R 10 L and repeat	Single leg deadlift with touch to bench for support
Minute 9	Mountain Climbers with balls of feet on plates	Mountain climber without plate
Minute 10	Basic Crunches (exhale on lift)	Basic Crunches