



TAKE 10 WORKOUT —Day 49

Perform this workout 3 times today. If you do all three back to back, be sure to take short breaks between each 10 minute segment. As you build fitness, short breaks between exercises may also help, as will choosing an alternative exercise from the column at the right. 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 BBC Small Group Trainer or go to:

<http://www.acefitness.org/acefit/exercise-library-main/>

| | Exercise | Alternative |
|-----------|---|---|
| Minute 1 | Plank | Plank on knees or Wall Plank |
| Minute 2 | Body Weight Squats | Wall Ball Squat or Bench Get Ups |
| Minute 3 | 30 Second Pushup/30 Second Tricep Dip | Knee or Wall pushups/ overhead tricep extension or tricep kickbacks |
| Minute 4 | Dance Like a Rockstar! | Jog in place, march in place |
| Minute 5 | Walking Lunges (with or without weight) | Stationary Lunges (alternate at 30 second mark) or bench Step Ups |
| Minute 6 | Jumping Jacks or Jump Rope | March in place, High Knee march or Run in Place |
| Minute 7 | Quick Tempo Squats (45-60 in 1 minute) | Body Weight Squats, Wall Ball Squats or Bench Get Ups |
| Minute 8 | Plank Up/Down—Move from forearms to hands, then back again for 1 minute | Hold Plank on forearms or hands (on knees or toes) |
| Minute 9 | Speed walk or run as fast as you can | March in place, High Knee march or Run in Place |
| Minute 10 | V—ups | Basic Crunch |