




## 10 Minutes to a better body

This is the perfect plan for people who want to exercise, but have no time. Find just 10 minutes, as many days a week as you can, and try the exercises below. You can do them in your lounge, in a park, anyway! Do 1 set of each exercise, without breaks, then repeat. You only need to do the warm-up once.

| Warm-up  |   |   |      |   |  |
|--|---|---|------|---|--|
| Either step-ups or run up & down a set of stairs for 2 minutes |   |   |      |   |  |
| Exercise   | Pictures  |   | Sets | Repetitions   |  |
| Squats   |   |   | 2    | 20  |  |
| Tricep dips  |  |  | 2    | 10  |  |
| 1-leg bridge   |  |  | 2    | 5 each side   |  |
| Plank  |  |  | 2    | Hold the plank completely still. It is easier if you do it on your knees. |  |



Put your health first, call Fit Space today! 1300 65 25 66  
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