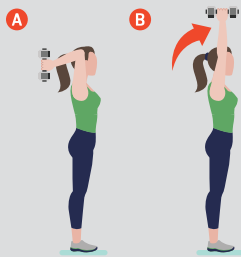


# 10-Minute Exercises You Can Do At Home

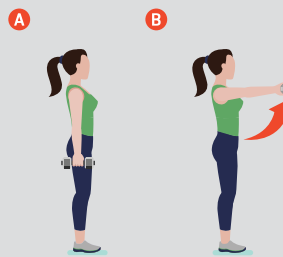
Exercise is incredibly important for our mental and physical well-being. These exercises can be done without any equipment or with a single pair of weights. Flip this worksheet over for 10-minute workout plans to try at home. Tip: try these with the whole family!

## UPPER BODY

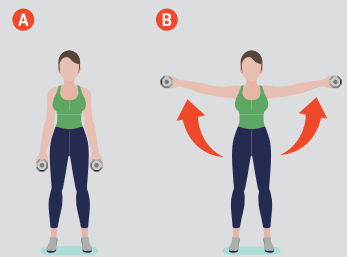
Tricep Extensions



Front Raises

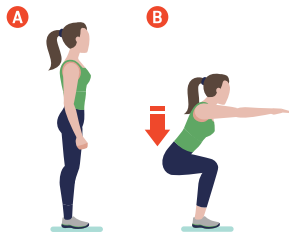


Lateral Raises

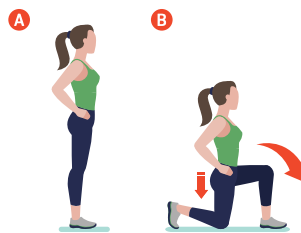


## LOWER BODY

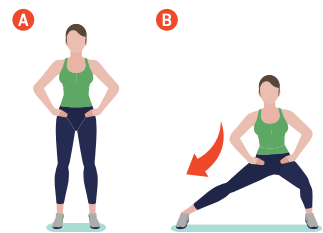
Bodyweight Squats



Forward Lunges



Side Lunges



## CORE

Plank



Flutter Kicks



Forearm Plank



## CARDIO

Mountain Climbers



Jog in Place



# 1 Pick a workout method

## TIMED

30 seconds each

30 seconds of rest

Repeat circuit 3 times

End with 2 minutes of cardio

OR

## UNTIMED

15 reps each

30 seconds of rest

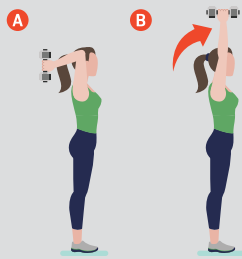
Repeat circuit 3 times

End with 60 reps of cardio

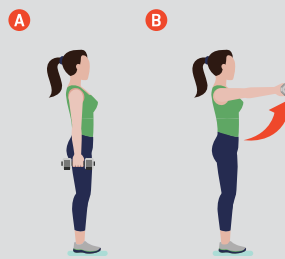
# 2 Pick an exercise group

## ONE GROUP

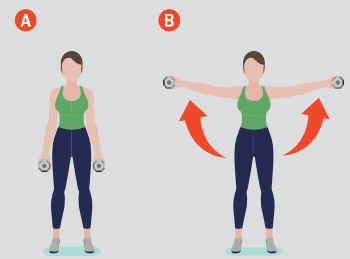
Tricep Extensions



Front Raises



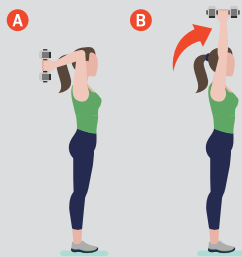
Lateral Raises



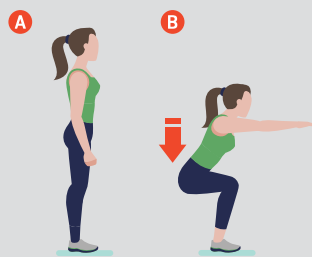
OR

## MIX & MATCH

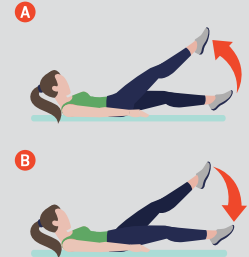
Tricep Extensions



Bodyweight Squats



Flutter Kicks



# 3 Repeat 3-5 times a week

Explore more sleep education at [sleepcharge.com/learn](https://sleepcharge.com/learn)