

The Ten Minute Workout ● For People on the GO!

Carry the exercise band with you and when you have 10 minutes pull it out and do one exercise per muscle group.

Front of Arm Curl ■ Repetitions: 12 to 16 for each arm

Hold band, right palm up and left palm down, in a two fist grip. Position the left fist in front of the right hip and the right fist directly above the left fist. Keep elbows close to the sides. Keep the left hand in position. Curl the right fist toward your right shoulder and slowly release it down to the point before the band goes slack. Curl up and release down.

Back of Arm Press-Down ■ Repetitions: 12 to 16 for each arm

Hold one end of the band against the chest with the left palm flat against the chest. Hold the other end of the band in a right fist grip, palm down. Keep elbows close to the sides. Keep the left hand in position. Pass the palm of your right hand down toward the floor. Slowly release the right arm back up to waist level.

Upper Back Conditioner ■ Repetitions 12 - 16

Hold the band in two fist grips, palms down, and raise the arms up to shoulder level. Keep the fists close to the body and the elbows up and out to the side. Draw the elbows and shoulders straight back as if you were trying to have the elbows meet behind you. Slowly release the band forward, don't let the band go slack.

All-Around Chest Conditioner ■ Repetitions 12 - 16

Hold the single band in two fist grips, palms out and arms at chest level. Keep elbows slightly bent. Slowly press the arms out as far as they can comfortably go.

Shoulder Press-Ups ■ Repetitions: 12 - 16 for each arm

Hold one end of the band in a left fist grip, palm in, and place it on the chest at armpit level on the right side. Hold the other end of the band in a right fist grip, palm forward. Keep left hand on the chest and press the right arm up toward the ceiling, directly over the right shoulder. Bring the whole arm into the movement and do not lock the elbow.

Advanced Reverse Abdominal Curl ■ Repetitions 12 - 16

Basic floor position, with back flat on the floor. Place one end of the double band around the ankles and bend the knees up to hip level. Hold the other end of the band in two fist grips, palms down, and anchor it under the buttocks. Curl the knees in toward the chest and release them back to hip level.

Outer Thigh Lift ■ Repetitions 12 - 16 for each leg

Basic floor position, lying on one side, top leg slightly raised, place band around ankles. Keeping foot relaxed, lift the leg up toward the ceiling as high as possible.

Inner Thigh Lift ■ Repetitions: 12 - 16 for each leg

Basic floor position, lying on the right side. Bend the left knee so that the foot is flat on the floor and in back of the right leg. Place one end of the band around the middle of the left foot and the other end of the band around the right calf. The base leg does not move! Slowly lift the right leg up toward the ceiling, keeping the leg straight but not locked, and the knee and hips facing forward. Don't let them roll back.

Front of Thigh Extension ■ Repetitions: 12 - 16 for each leg

Basic floor position, back flat on floor, knees bent, feet on the floor. Place one end of the band around the left ankle. For extra support, place the hands under the buttocks. Keeping the knees and thighs together, slowly extend the right lower leg as if you were kicking a ball toward the ceiling. Slowly release the leg down, moving just the lower part of the leg.