



10 Minute Energy Booster V1

Anytime Workouts

74cal



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Here Is Your Workout

Boost your energy and metabolism with these workouts that contains 10 bodyweight exercises and can be performed anytime, anywhere.

Equipment: Bodyweight

90:90
Stretch



- 1 - Lie on your side with your arms together on the floor in front at shoulder height.
- 2 - Raise one arm straight up to a 90 degree angle and look up at your hand.
- 3 - Lower this arm straight down to the floor on the other side.
 - Return this arm back to the start position.
 - Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Dead Bug
Abs



- 1 - Lie on your back with your knees bent and feet raised with your arms straight up over your chest.
- 2 - Lower one leg and the opposite arm straight down toward the floor, keeping the other leg and arm steady.
 - Raise the leg and arm back to the upright position and repeat with the opposite leg and arm.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Standing Side Crunch
Abs



- 1 - Stand upright with one arm raised overhead and the same side foot out to the side.
- 2 - Lower your elbow as you also raise the same side knee up to meet in the middle.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Scapular Wall Slide
Back



- 1 - Stand upright a few inches away from a wall with your back against it and your hands at shoulder level with your elbows bent.
- 2 - Squeeze your shoulder blades together and slide your hands up the wall to a straight arm position.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Squat
Legs



- 1 - Stand upright with your feet flat, shoulder-width apart and your arms down your sides.
- 2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
- 3 - Push through your heels to return to the top position.
 - Keep your back flat and your head up throughout the movement.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	



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Kneeling Push Up

Chest



1 - Support your body on your knees and hands with your elbows bent, feet raised and your chest nearly touching the floor.

2 - Push up to a straight arm position.

- Lower your body back to the start position and repeat, keeping your back flat and hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Jack Knife

Abs



1 - Lie on your back with your knees bent, feet flat and hands to the sides of your head.

2 - Lift your head and shoulders off the floor while also bringing your knees in to your chest.

- Try to get your elbows to meet your knees in the middle.
- Lower your upper body and legs, then repeat.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Kneeling Close Push Up

Triceps



1 - Support your body on your knees and hands with your fingers touching and your elbows bent.

2 - Push up to a straight arm position.

- Lower your body back to the start position and repeat, keeping your back flat and your hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Quad Superman

Lower Back



- Begin on all fours with both knees and hands on the floor.

1 - Raise one arm and the opposite leg straight up to shoulder height.

2 - Slowly lower your arm and leg and repeat with the other arm and leg.

- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	