



801-564-5522  
www.miamamafitness.com

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<https://youtu.be/Y9TeLG7aH2k>



## 10 MINUTES TO FABULOUS

- 1 Warm up by walking around or in place for 2 minutes
- 2 Push-ups (do as many as you can in 30 seconds)
- 3 Wall-sit (hold for 30 seconds)
- 4 Plank (hold for 30 seconds)
- 5 Walking lunges (do as many as you can in 30 seconds)
- 6 Forward arm circles (for 30 seconds)
- 7 Squat walk (for 30 seconds)
- 8 Reverse arm circles (for 30 seconds)
- 9 Plie (do as many as you can for 30 seconds)
- 10 Tricep dips (do as many as you can for 30 seconds)
- 11 Calf raises (do as many as you can for 30 seconds)
- 12 Stretch your calf muscles, hamstrings, quads, chest, back, inner thigh, upper arms and triceps for 15 seconds each

For a 10 minute workout perform 1 - 12

For a 15 minute workout perform step 1, then steps 2 - 11 twice, then step 12

For a 20 minute workout perform step 1, then steps 2 - 11 three times, then step 12