

# wherever

YOU DON'T NEED AN  
EXPENSIVE GYM  
MEMBERSHIP TO GET  
IN YOUR *30 minutes*  
OF EXERCISE A DAY

BY CELIA SHATZMAN FOR USA TODAY

Between work, family, and packed weekends, it's no surprise that not everybody has an hour to work out everyday. But even a quick sweat session can boost your health. In fact, just 10 minutes of exercise triggers changes in your metabolism that last at least an hour, according to a recent study in *Translational Science Medicine*. "People think 10 minutes isn't worth it, but if you do 10 minutes in the morning, afternoon, and evening, that's 30 minutes a day," says Karen Merrill, a personal trainer in Fairfax, Va. "Our bodies were not made to be sedentary, so we have to make time to move."

Merrill designed the following workout to be done in pieces, on the fly, during your busy day. The routine is all about multitasking and squeezing in quick exercises. "These moves have a good range of motion for joints and muscle groups to retain lean muscle mass, which helps burn fat, and that keeps people healthy longer and decreases the risk of injury," Merrill explains.

For the following moves, start out with one set of 10 to 15 repetitions, then gradually build up to two, and finally three, sets. Complete the plan every other day and take a walk during off days. Stay on schedule and you'll see results in four to six weeks.

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## WAITING IN LINE

### Toe raises

Stand up straight, with your arms straight down at your sides. Push down through your toes to raise your heels off the ground; pause for two to three seconds, then return feet down to the starting position. Only do these if you're wearing stable shoes, since high heels can put you at risk of injury.

► **Works:** Calves

► **Up the ante:** Once they become a cinch, do toe raises on one foot at a time.

### Tricep push-backs

Stand up straight with your arms at your side. Raise your forearms up, bending your arms at your elbows so that your upper arms do not move and are still straight at your sides. Raise your forearms in front of you until they are parallel to the ground, palms facing the floor. When you extend your arms back to your side, add a pause to engage the triceps. The motion is similar to a bicep curl, but your hand is facing the opposite direction.

► **Works:** Triceps

► **Up the ante:** For increased resistance, hold something in your hand—even a can of soup will do.

### Lateral raises

Stand up straight with your feet shoulder-width apart. Place your arms straight in front of you with your elbows bent at 90 degrees and abs contracted. Your palms should be toward your face. Slowly move your arms out to the sides, pause, and then return arms to the front, starting position. The only motion should be at your shoulder joint.

► **Works:** Deltoids (shoulders) and trapezoids (upper back)

► **Up the ante:** Use weights to add resistance. For an even greater challenge, do this move simultaneously with a lower body exercise.

# r workout



## SITTING AT YOUR DESK

### Alternating leg lifts

Lift one knee toward the ceiling, pause, then bring it down. Complete the motion again with the opposite knee. Your knee is bent, so as you shift your weight the exercise activates your core.

► **Works:** Hip flexor, quadriceps, and abs

► **Up the ante:** Lift your leg up and extend your leg straight, then bend your knee and return to starting position.

### Torso rotation

Sitting in a chair facing forward, bring your arms straight out to the side. Twist your entire torso to look over your right shoulder while keeping your core tight to get a good back stretch. Come back to center, then go to the left. Keep your core engaged and you'll feel the muscles working in your midsection.

► **Works:** Core and back muscles

### Overhead tricep press

Clasping your hands together, extend your arms over your head. Squeeze your elbows toward your ears, then drop your hands behind your head. Pause, then return to starting position with hands above your head.

► **Works:** Triceps

► **Up the ante:** Use weight to add resistance.

### Bonus

Swap your desk chair for an exercise ball for an all-day workout. To stay stable on the ball, "you're constantly engaging your back and core muscles, and there's less compressive forces on the spine," Merrill says. "You'll have more energy during the day."



## WHILE WATCHING TV

### Squats

Stand up straight in front of the couch, with your upper body stretched nice and tall. Maintaining good upper body form, move as if you were sitting down on the couch, but don't let your upper body tip forward—just reach back with your butt to lightly touch the couch, pause, then stand up straight without locking your knees.

► **Works:** Quadriceps, hamstrings, glutes, and inner thigh muscles

► **Up the ante:** Start with arms at your side and then reach forward as you squat to engage your shoulders and work some upper body muscles. To add another boost, place a ball between your knees.

### Push-ups

Start with push-ups from your knees. Place yourself face down on the floor, balancing on your knees and hands. With your hands directly underneath your shoulders, bend your arms to lower your chest to the floor, press up, and do not lock your elbows. Do not arch or dip your back—it should remain as straight as possible. Keep your core tight. Too tough? Try a modified wall push-up by leaning against the wall, walking your feet back, and doing the same motions you would do on the floor against the wall.

► **Works:** Chest, shoulders, triceps, back, and abs

### Walking lunge

Step forward with your right foot forward and left leg back. Lower your body by bending your knees. Your front knee should be over your ankle and your back knee close to (but not touching) the floor with your heel lifted off the floor. Make sure your front knee isn't extended over your toes. Your upper body should be erect and not tipping forward, and your front foot straight. Keeping the weight on your front heel, slowly push back up. Now lunge forward onto the left leg, repeating the motion. Avoid locking your knees at any point in the exercise.

► **Works:** Quadriceps, hamstrings, glutes, and calves