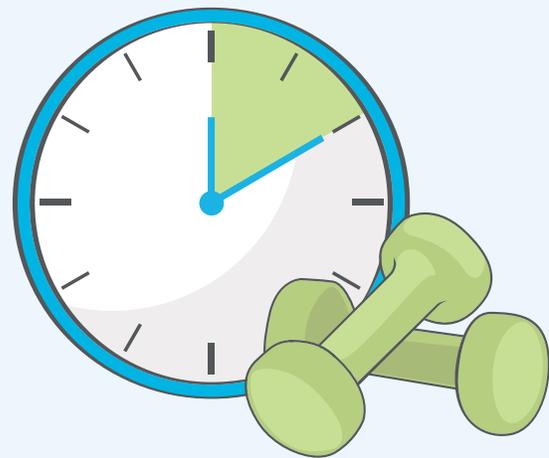


# SIMPLE, DO-ANYWHERE WORKOUT

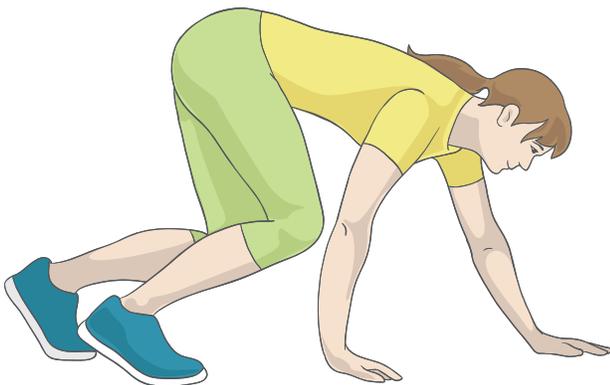
For those times when you just can't manage your normal exercise routine, use this minimalist 10-minute workout to stay in shape.

1. Move through each exercise in sequence.
2. Do 5 reps of each exercise.
3. Don't rest between exercises.
4. Rest 1-2 minutes at the end of the circuit.
5. Repeat for a total of 2-4 circuits.



## BEAR CRAWL

Starting on all fours, push down with toes to bring knees off floor.



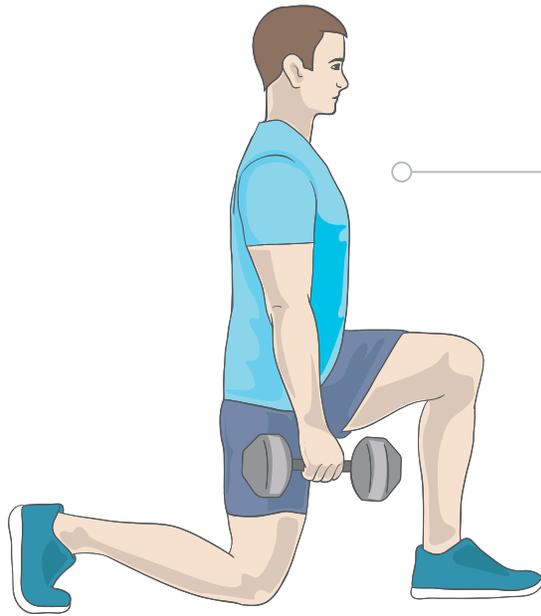
Keeping pelvis centered, "crawl" with right arm and left leg moving forward together, and vice versa. 10 seconds = 1 rep.



## REVERSE LUNGE



Stand with feet shoulder-width apart, a dumbbell in each hand.

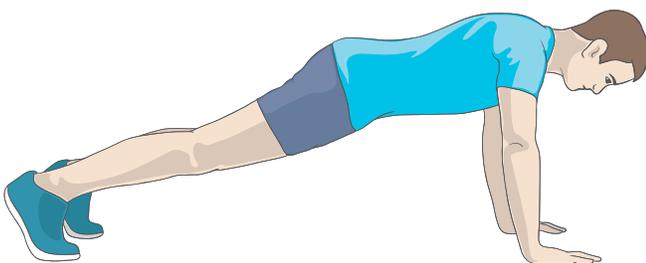


With chest high, abs engaged, and lower back neutral, step right foot back. Keep weight on forward heel and hips squared as you lower right knee until it's just off the floor and slightly behind your hip.

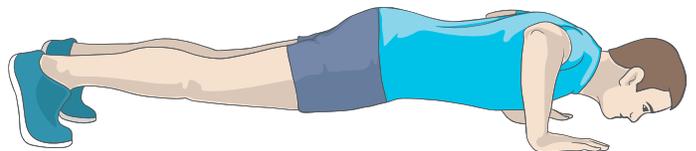
Drive weight into forward heel to return to start. Complete set for right leg, then repeat on the left.

## PUSH-UP

Start in "plank" position, hands directly under shoulders and fingers forward.

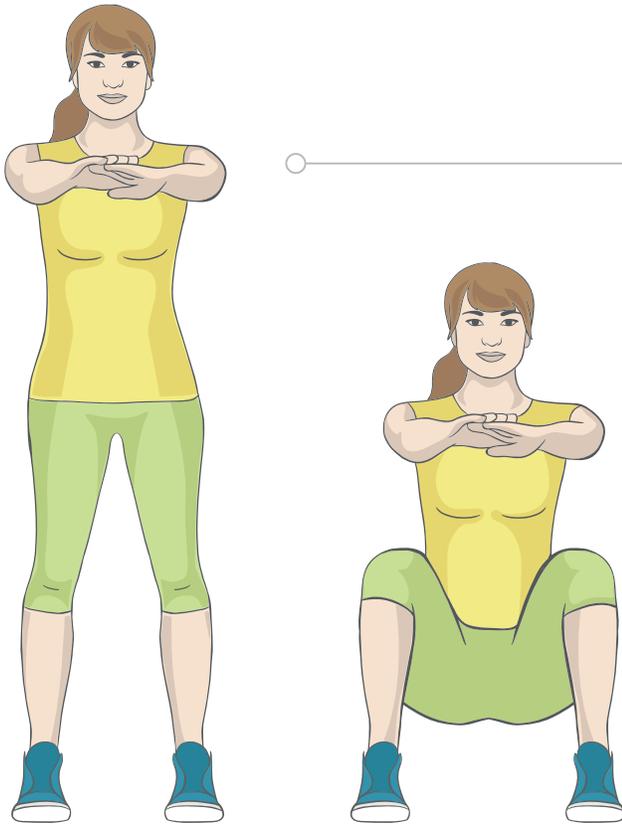


Maintaining a straight line from head to heel, keep elbows in as you bend them to lower your body as far as you can without shoulders popping forward.



Squeeze shoulder blades together and down toward glutes as you lower, then allow them to spread fully apart at the top. Keep abs tight, tailbone tucked under and shoulders down away from ears.

## SQUAT



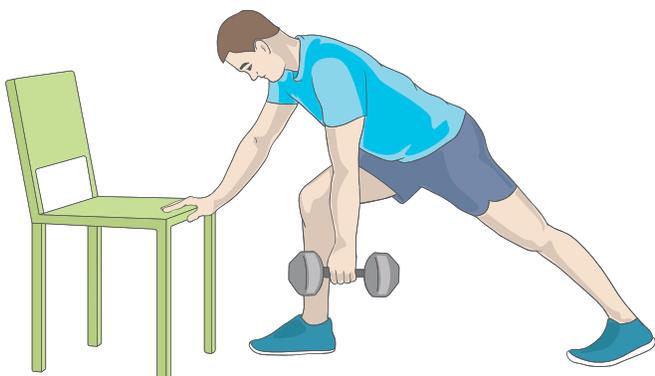
Stand with feet shoulder-width apart, arms extended in front of you.

With abs engaged, ribs pulled down, and tailbone tucked under, push hips back and lower as far as you can, keeping feet straight and knees aligned with little toe.

Drive weight into heels and midfoot to return to start.

## SINGLE-ARM DUMBBELL ROW

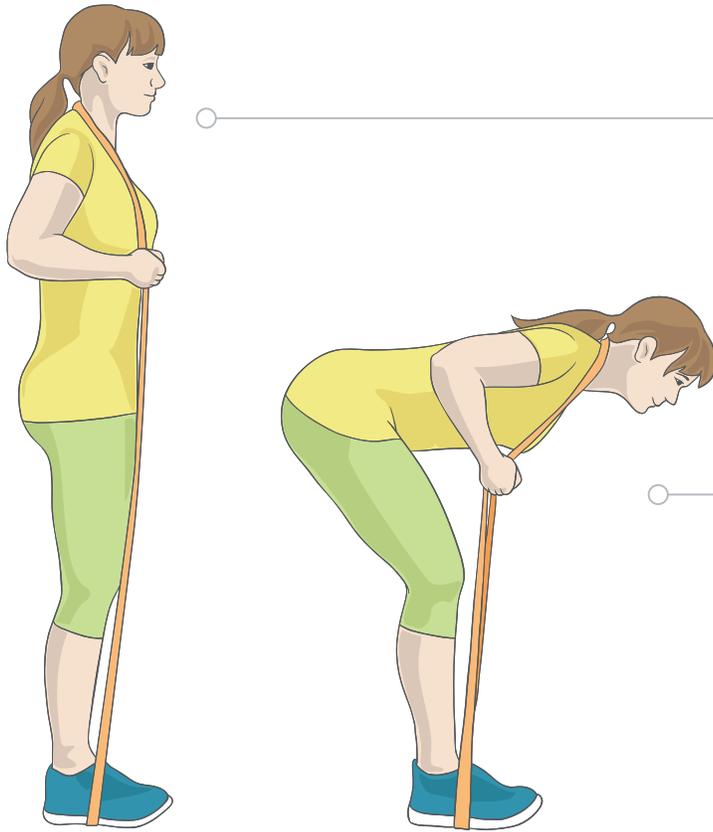
Keeping ribs down, abs tight, tailbone tucked, and weight through forward heel, pull dumbbell toward lower ribs while locking your shoulder blade inward and down.



Keeping ribs down, abs tight, tailbone tucked, and weight through forward heel, pull dumbbell toward lower ribs while locking your shoulder blade inward and down.



## BANDED HIP EXTENSION

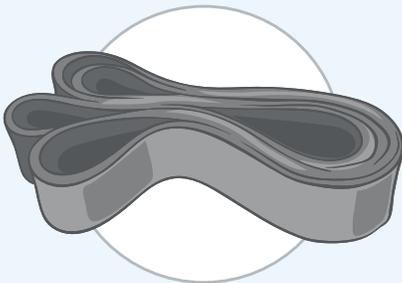


Stand with feet shoulder-width apart with resistance band looped behind neck and ends secured under feet.

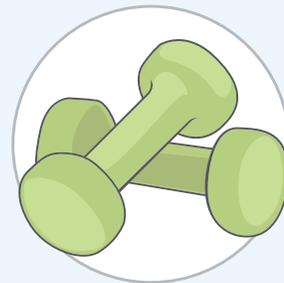
Keeping abs engaged, ribs pulled down, back straight, and weight rooted through heels, push your hips back and bend at waist until you feel a slight stretch in hamstrings.

Return to start, keeping abs tight, ribs down, and tailbone tucked.

## YOUR MINIMALIST GYM



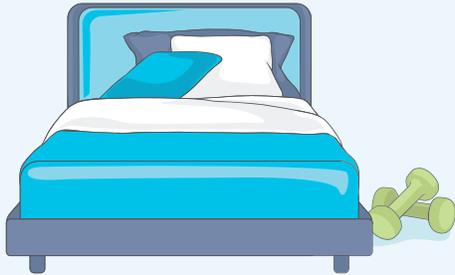
Resistance band  
(length: 41",  
width: 0.5-1.5")



Choose a weight that's  
moderately challenging  
(women: 15-30 lb, men 30-50 lb.)

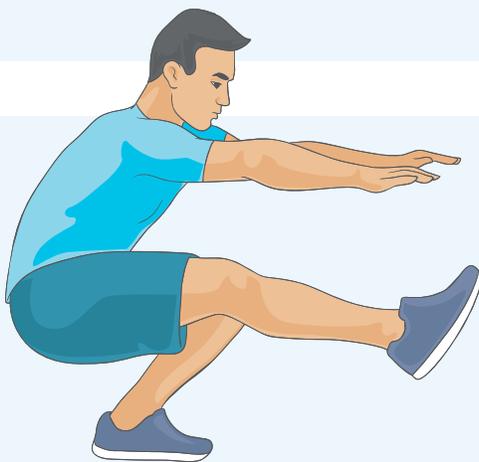
# MAKE IT EASY

When you're busy and stressed, working memory and willpower are low. Here's how to make a minimal workout happen.



Keep your resistance bands or workout clothes somewhere visible, where you'll practically trip over them. Behavioral triggers make exercise more automatic, less thought-driven.

Don't think of the workout as a chore or punishment. Positivity keeps your stress hormone response in check and reduces hedonic compensation ("I did push-ups, so I earned this brownie").



Can't do one or more of the exercises in the circuit? Skip them. If possible, focus on the legs, which require greater muscle recruitment and energy burn.

No dumbbell?  
Use whatever you can find to add weight to the moves.



# WHY THIS PLAN WORKS



Requires minimal time and equipment, so you can do it anytime, anywhere



Uses “compound exercise” -- big muscles, big range of motion -- so you get more out of each rep



Maintains joint and tissue health



Helps you avoid the all-or-nothing downward spiral of feeling “off-track” with exercise



Gives dietary sugar a purpose, mitigating chances of increased fat storage and weight gain



Keeps stress in check