

MICRO WORKOUTS

These workouts are perfect for anyone time poor or looking for a short workout.

All workouts take up to 10 minutes. Some of these workouts will require a small pair of dumbbells.

Warm-up: Brisk walk or cycle followed by dynamic stretches is recommended. These will help with mobility and flexibility while also stimulating the blood flow and keeping muscles warm.

Cool down: Gentle movements and stretches. Use this time to allow your heart rate to return to a normal rhythm while moving through static stretches.

MICRO WORKOUT INSTRUCTIONS

We have our 5 favourite micro workouts below. Choose one workout to complete. Complete all 5 exercises in a row with no rest in between exercises. After one total round, repeat 1 more time

Micro Workout #1	Rounds	Time	1	2	Notes:
Squat Jumps	2	60s			Explode out of a squat, soft landing
Press Ups	2	60s			Hand placement wider than your shoulders
Air Boxing	2	60s			Fast hands
Plank	2	60s			Squeeze abdominal muscles
Reverse Lunges	2	60s			Tuck your back knee under your hip

Micro Workout #2	Rounds	Time	1	2	Notes
Bear Crawl	2	60s			Stay low throughout movement
Skater Squats	2	60s			Slow and controlled movements
Squat Holds	2	60s			Hold a squat at the lowest point
Lateral Jumps	2	60s			Bent knee landing softly
Reverse Crunch	2	60s			Maintain abdominal tension

Micro Workout #3	Rounds	Time	1	2	Notes
Clean, Squat, and Press	2	60s			Explosive movements
Lunge and Press	2	60s			Controlled slow lunge
DB Seesaw Row	2	60s			Straight back maintained
Moving Press Ups	2	60s			Focus on controlled movements
Russian Twist	2	60s			Maintain abdominal tension

Micro Workout #4	Rounds	Time	1	2	Notes
DB Thrusters	2	60s			Extend straight above your head
DB Walking Lunges	2	60s			Knees follow your toes
DB Bicep Curl	2	60s			Maintain upright posture
Single Arm DB Swing	2	60s			Fast controlled swings
Shoulder Taps	2	60s			Maintain abdominal tension

Micro Workout #5	Rounds	Time	1	2	Notes
DB Gorilla Row	2	60s			Keep your back straight
DB Overhead Press	2	60s			Engage abdominal muscles while pressing
Star Jumps	2	60s			Fast explosive movements
Leg Lowers	2	60s			Maintain abdominal tension
DB Lateral Raise	2	60s			Stand upright, elbows out to the side

It's all about balance.

EXERCISE VIDEOS:

Bear Crawl: youtu.be/tMRBVBMAga4

Clean, Squat, and Press: youtu.be/l0cH3bdIgdA

DB Bicep Curls: youtu.be/sAq_ocpRh_I

DB Gorilla Row: youtu.be/_e1T17mMggo

DB Lateral Raise: youtu.be/pOmbQuGeHf8

DB Overhead Press: youtu.be/M2rwwNhTOu0

DB Seesaw Row: youtu.be/4x7oECmd2t4

DB Thrusters: youtu.be/u3wKkZjE8QM

DB Walking Lunges: youtu.be/L8fvypPrzss

DB Thruster: youtu.be/M5gEwLTtWbg

Flutter Kicks: youtu.be/ANVdMDaYRts

Lateral Jumps: youtu.be/wPZP8Bwxplo

Leg Lowers: youtu.be/dvLsxfxREg0

Lunge and Press: youtu.be/FZ2GFIPG9Xk

Moving Press Ups: youtu.be/yVLYzmmwEAo

Plank: youtu.be/TvxNkmjdhMM

Reverse Crunch: youtu.be/gAyTBB4Im3l

Reverse Lunges: youtu.be/ewrE2xDXCIU

Russian Twist: youtu.be/wkD8rjkodUI

Shoulder Taps: youtu.be/8F-SW8XTbE8

Single Arm DB Swing: youtu.be/C7qDXTXIeqs

Skater Squats: youtu.be/oOSfYhvTN0I

Squat Jumps: youtu.be/72BSZupb-1l