



10-Minute Workouts for Busy Women

Introduction

Life is busy, but staying active doesn't have to take hours out of your day. These 10-minute workouts are designed to fit into even the most hectic schedules, helping you stay strong, healthy, and energized—anytime, anywhere.

Workout Routine

Warm-Up (2 minutes)

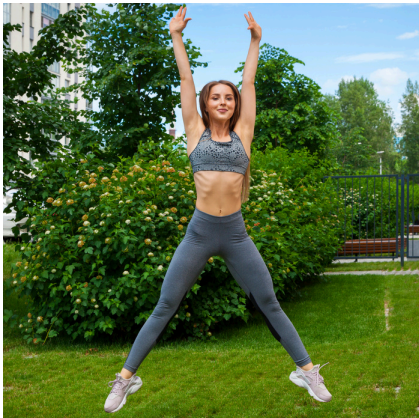
Jumping Jacks: 30 seconds

High Knees: 30 seconds

Arm Circles: 1 minute (forward and backward)

Circuit (6 minutes)

Perform each exercise for 1 minute, then repeat the circuit if time allow



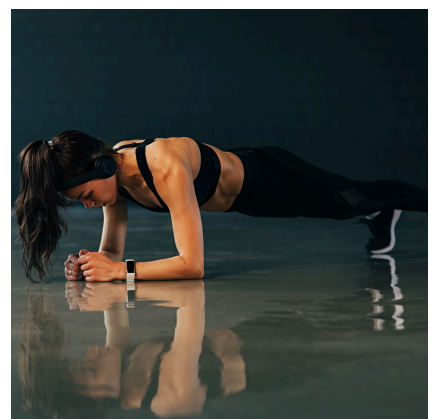
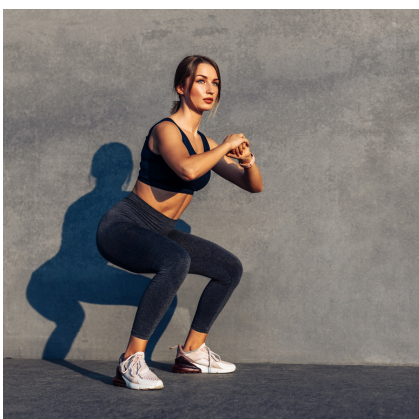
Squats (bodyweight)

Push-Ups (modify on knees if needed)

Plank (hold or alternate shoulder taps)

Standing Side Leg Raises

Cool Down (2 minutes)



Forward Fold Stretch: 30 seconds

Side Body Stretch: 30 seconds per side

Deep Breathing: 1 minute

PRO TIP

Consistency is key! Set a timer and aim to do this workout daily for a quick energy boost.

