

One Minute Workout

Reps	Workout Routine - Seated
10	Hands on shoulders, twist
10	March your feet
10	Sit up tall, then reach and touch toes
10	Stand up, jump, then sit down
10	Reach behind and touch opposite shoulder

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Standing
10	Touch: Toes, knees, then shoulders
10	Hands on hips, rotate side to side
10	On tip toes, hold
10	Lift left knee up and balance
10	Lift right knee up and balance

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Seated
10	March your feet
10	Arms in front, criss-cross
10	Hands on shoulders, twist
10	Stand up - sit down (squat)
10	Opposite elbow-to-knee touch

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Standing
10	Stand up sit down, fast
10	Heel taps-right then left foot
10	Lift right knee up and balance
10	Lift left knee up and balance
10	On tip toes, hold

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Seated
10	Alternate elbow to knee touch
10	Stand up, jump and sit down
10	Straight arms forward criss-cross
10	Right ankle circles
10	Left ankle circles

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Standing
10	Arm stretches up right and left
10	Hop on right foot
10	Hop on left foot
10	Feet together, hop side to side
10	Arms out to side-giant arm circles

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Standing
10	Hands on hips, twist side to side
10	Jumping jacks
10	Hop on left foot
10	Hop on right foot
10	March in place

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Seated
10	Straighten legs, lift up and down
10	Opposite elbow-to-knee touch
10	Lift legs, point toes out and then up
10	Shoulder circles, forward and back
10	Arm punches forward

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Standing
10	Jump forward and back
10	Jumping jacks
10	Elbow to knee touches
10	Lift left knee up and balance
10	Lift right knee up and balance

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Seated
10	Stand up - sit down (squat)
10	Arm reach up right and left
10	March your feet
10	Stand up, jump and sit down
10	Arm punches forward

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Standing
10	March in place
10	Pretend jump rope
10	Jump forward and back
10	Sit quickly on chair and stand up
10	Arms at side, bend left then bend right

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Seated
10	Right leg kick forward
10	Left leg kick forward
10	Hands on shoulders, side bend
10	Hands on shoulders, touch elbows
10	Hands on hips, tap toes on floor

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Seated
10	Lift knees, kick both feet forward
10	Use right leg only, stand up, sit down
10	Use left leg only, stand up, sit down
10	March your feet
10	Arms in front, criss-cross

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Standing
10	Feet together, hop side to side
10	Heel taps-right then left foot
10	Jumping jacks
10	Circle around your desk
10	Hands on hips, twist in place

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Standing
10	March in place
10	Twist in place
10	Pretend jump rope
10	Knee lifts
10	Heels taps with right and left foot

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Seated
10	Shoulder circles, forward and back
10	Stand up - sit down (squat)
10	Double leg kick out
10	Hold chair, pull knees to chest
10	Give yourself a hug...squeeze tight and hold

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Seated
10	March your feet
10	Opposite elbow-to-knee touch
10	Use right leg only, stand up, sit down
10	Use left leg only, stand up, sit down
10	Arm punches forward

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Standing
10	Hop on left foot
10	Hop on right foot
10	Jump forward and back
10	Punch out with left, then with right arm
10	Heel taps- right foot, then left foot

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Seated
10	Reach behind, touch opposite shoulder
10	Hands on hips, tap toes on floor
10	Right leg kick forward
10	Left leg kick forward
10	Opposite elbow-to-knee touch

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler

One Minute Workout

Reps	Workout Routine - Standing
10	Swing your legs side-to-side
10	Jump in place
10	Elbow to knee touches
10	Hands on hips, move side-to-side
10	Arms at side, bend forward and hold

*Source: Health-E-tips, inc. One Minute Workout by Kathy Kaehler