Think you do not have TIME to exercise? Think again!
Perform these 10 “Do Anywhere- No Equipment Necessary” exercises that you can do in 10 minutes! Perform each exercise for 60 seconds- challenge yourself to add repetitions as your fitness level improves.

1. **Chair Squats**
   Sit into your chair & stand back up. Make sure you can see your toes when sitting.

2. **Left Leg: Front Lunge**
   Perform as a stationary lunge with left leg forward or lift the front leg up & back to center for an added challenge.

3. **Right Leg: Front Lunge**
   Perform as a stationary lunge with right leg forward. For an added challenge, lift the front leg up & back to center.

4. **Seated Tricep Dips**
   Placing hands on edge of a chair/desk/bench, with knees bent, lower your body until arms reach a 90 degree angle. Straighten your legs for an added challenge.

5. **Left Leg Back Lunge**
   Perform as a stationary lunge with left leg back. For an added challenge, lift the front leg up & back to center.

6. **Seated Ab Curl**
   Sit at the edge of a bench/chair, abdominals pulled in tight. Lift your feet off the ground, bringing your knees toward your chest. Lower feet back towards the ground.

7. **Right Leg Back Lunge**
   Perform as a stationary lunge with right leg back. For an added challenge, lift the front leg up & back to center.

8. **Push ups**
   Do this move modified, traditional, or against a wall/chair/desk

9. **Plank**
   Create a straight line with your body on hands/forearms & toes.

10. **STRETCH: Downward Dog**