

# 10-Minute Workout Routine

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Quick, Effective Movement for Busy Parents

Busy Life Planner Hub | Diana

Tools That Make Life Flow

This 10-minute routine is designed for real-life parents who want to feel stronger, energized, and more grounded — without needing equipment or a long block of time. These movements are simple, effective, and easy to do anywhere.

## **What You'll Find Inside:**

- A fast warm-up to wake up your body
- A simple strength circuit
- A core finisher
- A cool-down to reset your muscles

## **WARM-UP (1 MINUTE)**

- March in place (30 seconds)
- Arm circles (30 seconds)

Purpose: Increase blood flow, loosen joints, and prepare your body for movement.

## **CIRCUIT (Repeat 2x)**

- 20 Squats  
Builds lower-body strength and stability.
- 15 Push-Ups (wall, knee, or floor)  
Strengthens chest, shoulders, and core.
- 20 Standing Crunches  
Engages core without getting on the floor.
- 15 Lunges (each leg)  
Improves balance and leg strength.
- 30-Second Plank  
Strengthens core, shoulders, and glutes.
- COOL DOWN (1 MINUTE)
  - Forward fold stretch (30 seconds)
  - Quad stretch (30 seconds)

Purpose: Reduce tension, improve flexibility, and support recovery.

## **TIPS FOR SUCCESS**

- Focus on form, not speed
- Breathe steadily throughout each movement
- Modify exercises as needed
- Celebrate consistency over perfection

# ABOUT BUSY LIFE PLANNER HUB

## **Our Mission:**

To help busy families create simple, sustainable routines that make life flow.

## **What We Believe:**

- - Structure should support your life, not control it
- - Small steps create big change
- - Parents deserve tools that make everyday life easier

## **Explore More Tools:**

Visit the Busy Life Planner Hub for planners, routines, meal guides, kids activities, and more.