



R&R EXPRESS • 10-15 MINUTES

Short on time? Pick one, move with intention, and get on with your day. No equipment is required.

OPTION 1 • FULL-BODY EXPRESS

40 seconds work / 20 seconds rest • 6 exercises • 2 rounds

1. Squat + knee drive
2. Incline push-up — wall, counter, couch, or floor
3. Reverse lunge + knee drive
4. Glute bridge
5. Standing cross-body crunch
6. Fast march or low-impact jack

OPTION 2 • STRENGTH EXPRESS

45 seconds work / 15 seconds rest • 6 exercises • 2 rounds • Bodyweight or dumbbells if you have them

1. Squat
2. Bent-over row — or standing squeeze/pull with no weights
3. Alternating reverse lunge
4. Shoulder press — or bodyweight arm press
5. Glute bridge + pulse
6. Dead bug

TEN MINUTES COUNTS

You don't have to do the full workout to keep a promise to yourself. Short on time? Pick an Express and MOVE.