

10 Minute Kitchen Workout

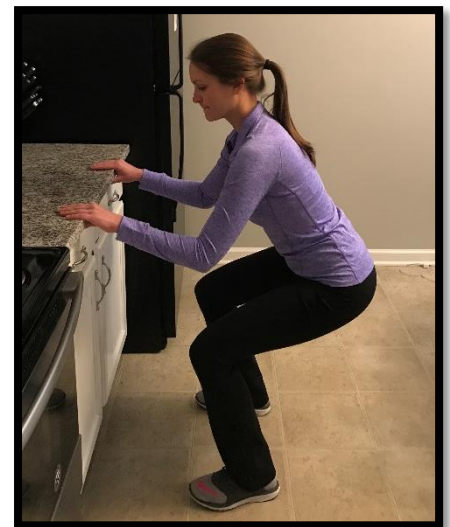
Practice these exercises up to 3x per week to improve upper and lower body strength.

Milk Jug Bicep Curl: Start by holding the Milk Jug (half gallon) down next to the sides of your legs with arms fully extended. Bend your elbows and curl your object up to your shoulders. Repeat 10 on each arm.



Calf Raises: Start with your feet a comfortable distance apart and your feet pointed forward. Slowly straighten your ankle joint to raise your body without bending the knees. Keep going until you are standing on your tiptoes before slowly lowering your heels back to the ground 10 times.

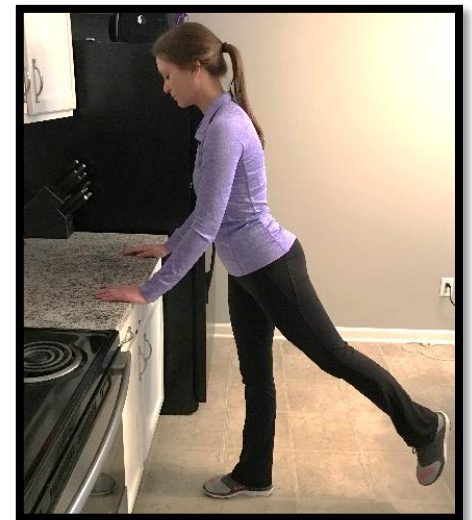
Squat: Place your feet shoulder width apart. Keeping your feet flat, your head forward, and your abs slightly pulled in, bend your knees to drop your hips. You can put your arms straight out on the counter with balance. Go as low as desired. Pause for a moment at the lowest part of the squat before rising to a standing position. Repeat 10 times.





Standing Side Leg Raises: Stand with both feet a few inches apart. Hold onto the counter for support. Keeping your leg straight, lift it as high as you can. Hold the position slightly and then gradually lower leg. Repeat with both legs 10 times.

Standing Glute Kickback: Stand with your feet about a shoulder-width apart. Activate your glute to lift your leg straight behind you. Keep your leg straight throughout the exercise, and avoid leaning forward to lift up your leg. Pause for a moment with your leg extended before bringing it back to the front. Repeat with both legs 10 times.



Counter Push-Ups:

Put your arms against a counter. Stand far enough back that your body is straight in this position, & rest your weight on your toes and palms. Bend your elbows to lower your body toward the counter. Remain in the lowered position for a moment before pushing yourself back up. Repeat 10 times.

