My 10-Minute Exercise Plan

This page is a template for you to identify your 10-Minute Exercise Plan(s) using the previous examples as a starting point.

Circle Today's Focus Area:

Core	Upper Body	Lower Body	Balance	Mobility & Flexibility

Warm-up Exercises	Reference	Notes

Main Exercises	Reference	Notes
Push-ups	4.2.1	Do 2 sets of 10 (Example)

Cool-down Exercises	Reference	Notes

Post-Exercise Comments / Notes for Next Time: