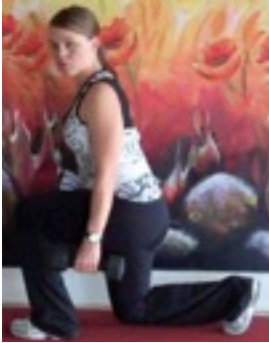

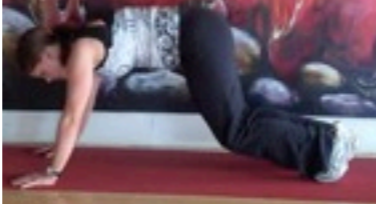

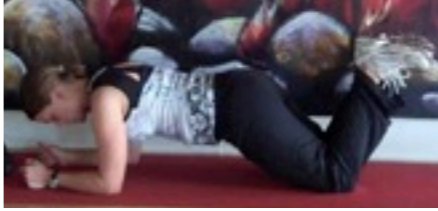





Nichole Kellerman

**Body Mind Workout**

Clock Lunges	Arm Walks	Burpies w/Leg Raise	Ab Twists NicholeKellerman.com	Back Push-Ups	Dance Party
					
<p>Step forward, 90 degrees at each knee. Push back to starting and move into side lunge, back to starting. Then back lunge. Think 12 o'clock, 3 o'clock, 6 o'clock is one repetition</p>	<p>Start in knee push up position. Drop down onto to one forearm then the other. Then back up. One arm is leading the entire time.</p>	<p>Start in full push up position, jump (or walk) feet to hands, stand up and lift one leg out to the side, then lift the other leg. Go back down and jump (or walk) legs back</p>	<p>Seated, lean back to the point where your abs are engaged. Twist from side to side touching both hands to the floor.</p>	<p>Knee plank position squeeze shoulder blades together then retract them so there is a lot of space in between them, over and over. Keep BELLY BUTTON TO SPIN throughout entire movement.</p>	
<p>8 Repetitions Per Leg</p>	<p>8-10 Repetitions Per Arm</p>	<p>10-15 Repetitions</p>	<p>20 Repetitions Total</p>	<p>50 Repetitions Total</p>	<p>Cardio DANCE PARTYYYYYY</p>
<p><i>"I Love My Life"</i></p>	<p><i>"I am Climbing To New Levels"</i></p>	<p><i>"Out W/The Old In W/The New"</i></p>	<p><i>"I Can Do Anything I Put My Mind To"</i></p>	<p><i>"Your Own Affirmation"</i></p>	<p>2 minutes</p>
<p><b>1-4 Sets, 3-4 WK</b></p>	<p><b>All You Need Is 10 minutes</b></p>	<p><b>Toned -Strong-Fit-Healthy</b></p>	<p><b>Your Words &amp; Thoughts Create Your Reality</b></p>	<p><b>Be The Best YOU</b></p>	<p><b>*All Out Have Fun*</b></p>

Cut and print. Then put in places where you CAN create 10min for your fitness (be creative)!! Car, fridge, coffee table, laundry room (not your purse, you'll never see it again)

Email me if you need anything at all I am here to help!  
[Nichole@nicholekellerman.com](mailto:Nichole@nicholekellerman.com)

You got this!  
 Nichole