

Happiness Workout

- a 10 minute workout to boost your mood

This 10 minute routine combines cardio and toning to give you an immediate boost. Do this everyday and you'll soon start to feel the difference!

1



1 minute 30 seconds - Jogging on the spot

Get your heart rate up and warm up your joints by jogging on the spot. Be sure to lift your knees high.

2



1 minute - Plank

Get into a push-up position with your forearms resting on the ground and your back straight, hold your core and maintain for a minute, if possible.

3



1 minute 30 seconds - Mountain climbers

Maintain the push-up position but alternate bringing your knees towards your chest, keeping your hips low and your back flat.

4



30 seconds - Child's Pose

Sit back onto your heels, fold forwards and stretch your arms out in front of you to lengthen the spine and recover.

5



1 minute - Stomach crunch

Flip over to lie on your back, bend your knees and raise your hands to your ears. Keeping your lower back pressed into the floor, raise your shoulder blades slightly and slowly lower down again. Use your abs, not your hands or head, to lift up.

6



1 minute 30 seconds - Bridge

Lie on your back, bend your knees and make sure that your heels are within easy reach of your hands. Keep your feet shoulder-width apart and flat on the floor. Raise your hips to create a straight line from knees to shoulders and tighten your abs and glutes as you rise.

7



1 minute 30 seconds - Star Jumps

Stand up tall with your arms by your sides and legs slightly bent; jump and extend your arms and legs to create a star shape. Be sure to land softly; keep your abs tight and your back straight throughout.

8



1 minute 30 seconds - Squats

Stand with your feet shoulder-width apart, lower yourself by bending your knees and keeping your thighs parallel to the floor. Keep your back straight and don't let your knees extend over your toes.