








Nichole Kellerman

Body Mind Workout

Lunge To Rotate	Side Lunge to Shoulder Rise	Deadlift to Row	Plank To Row	Plank Twist
				
Step forward, 90 degrees at each knee, rotate over front leg. Push back to starting and switch legs.	Touch inside of foot w/ opposite dumbbell. Push back to standing, & raise arm	Legs straight, not locked, back straight, shoulders back (entire time). Bend over, feel stretch in back of leg/low back, up to row	Plank position (knees or feet), butt down. Push up then pull one weight to body. Push up again and switch arms.	Plank position rotate leg under body for a deep rotation and alternate.
10-20 Repetitions	15-20 Repetitions	15-20 Repetitions	15-20 Repetitions	1min, followed by a 2min Cardio DANCE PARTYYYYY
<i>"I Love My Life"</i>	<i>"I am Climbing To New Levels"</i>	<i>"Out W/The Old In W/ The New"</i>	<i>"I Can Do Anything I Put My Mind To"</i>	<i>"Your Own Affirmation"</i>
1-4 Sets, 3-4 WK	All You Need Is 10min	Toned -Strong-Fit-Healthy	Your Words & Thoughts Create Your Reality	*All Out Have Fun*

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!
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You got this!
 Nichole