

10-Minute Daily Movement Tracker

CIRCLE **3 EXERCISES** BELOW THAT YOU WILL COMMIT TO PRACTICING THIS WEEK. DO EACH FOR 1-2 MINUTES, AIMING FOR 10 MINUTES OF MOVEMENT PER DAY. FOCUS ON QUALITY, POSTURE, AND STEADY BREATHING. PROGRESS TO HARDER VARIATIONS AS MOVEMENTS FEEL EASIER.

Warm-Up (1-2 minutes)

- March in Place
- Shoulder Rolls
- Hip Circles

Squat Variations

- **Easier:** Prisoner squat, Sit to Stand, Banded Squat
- **Moderate:** Wall Squat, Sumo Squat, Jump Squat
- **Harder:** Isometric Explosive Jump Squat, Single Leg Bench Get-Up



Push-Up Variation

- **Easier:** Modified (Knees), Incline Push-Up
- **Moderate:** Standard Push-Up
- **Harder:** Stacked Feet, Single-Leg Push-Up

Plank Variation

- **Easier:** Kneeling, 45 Degree, Elevated Feet
- **Moderate:** Extended, Single-Leg Elevated Feet, Wide-Stance with Leg Lift
- **Harder:** Wide-Stance with Arm Lift, Wide Stance with Opposite Arm and Leg

Row Variation

- **Easier:** Seated or Kneeling Banded Row, Y, T, and I Raises
- **Moderate:** Dumbbell Row (single or both arms)
- **Harder:** Single Arm Row on Stability Ball

Glute Bridge/Hip Raise (Thrust) Variation

- **Easier:** Glute Bridge
- **Moderate:** Banded Hip Raise (Thrust)
- **Harder:** Marching Bridge, Single-Leg Hip Raise (Thrust)



Pro Tip: Each week, you are encouraged to review your progress for each exercise. Progress one variation to a slightly harder one once it starts feeling easier. For example, move from glute bridge → banded hip raises (thrusts) → marching bridge.

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