

**Quick workouts in 15 minutes:  
No equipment needed!**



## Exercise 1: Jumping Jacks - 3 Minutes

- Begin in a neutral standing position, feet together, and arms at your sides.
- Simultaneously jump, pushing both feet outward as you raise your arms overhead.
- Maintain a slight knee bend, then jump back to starting position.
- Repeat for 3 minutes, breathing rhythmically throughout.



## Exercise 2: Squats - 3 Minutes

- Position feet shoulder-width apart.
- Keep your spine straight, push hips back, and bend knees.
- Ensure knees align with toes, lower until thighs are parallel to the ground.
- Keep back straight and chest up.



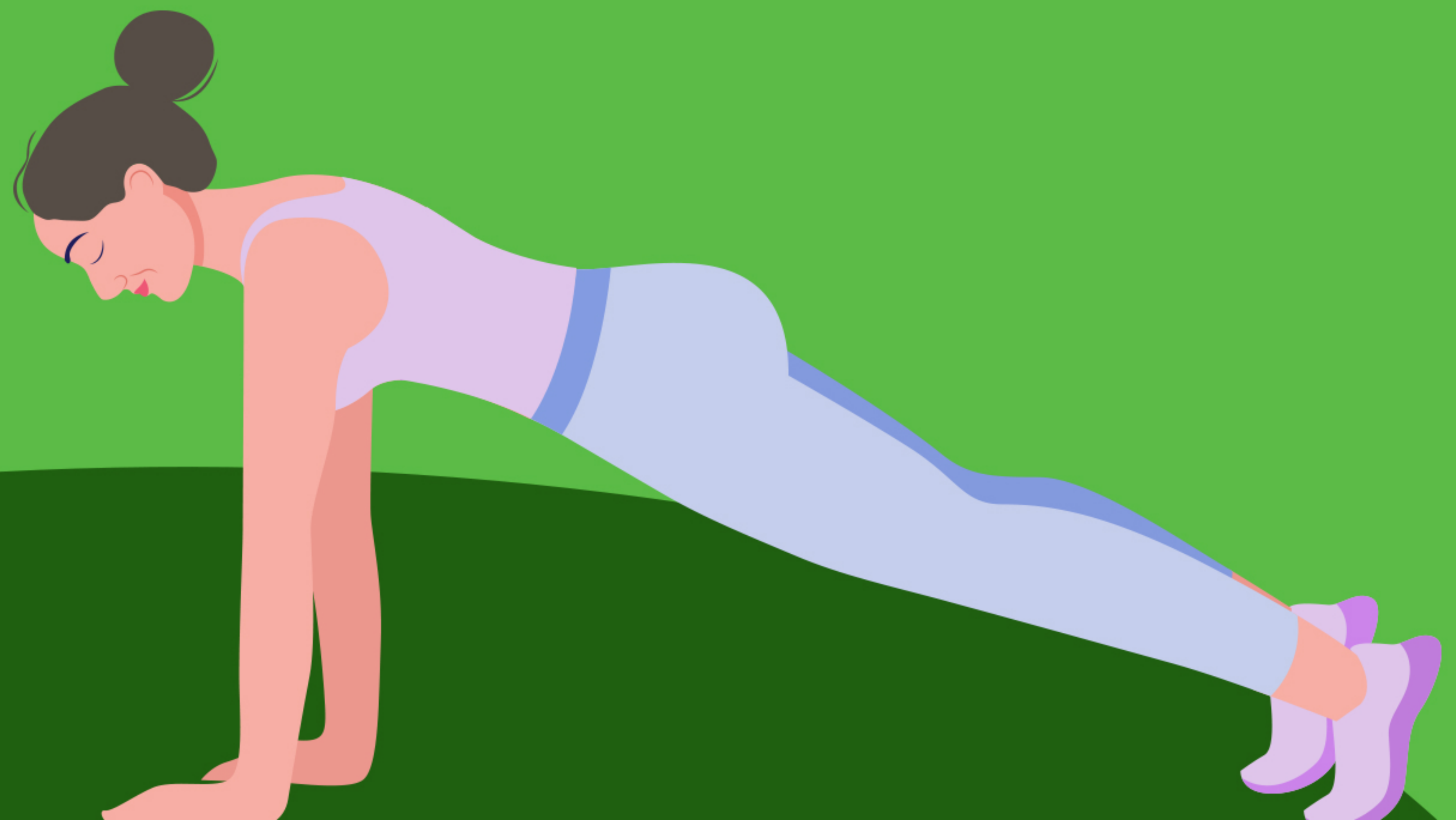
### **Exercise 3: Mountain Climbers - 3 Minutes**

- Start in a plank position, wrists under shoulders, body straight.
- Lift right knee toward your chest in a quick, controlled movement.
- Hold at chest level, engaging your core, then switch legs.
- Maintain a steady pace with consistent rhythm and deep breaths.



## Exercise 4: Forearm Plank - 3 Minutes

- Begin in a forearm plank, elbows below shoulders, forming a straight line.
- Avoid sagging or arching; keep a straight body line.
- Look straight down to avoid neck strain.
- Breathe deeply and evenly; try variations like side planks for intensity.



## Exercise 5: Jogging - 3 Minutes

- Perform fast-paced jogging on the spot.  
(Regular, high knees and butt kicks for 30 sec each)  
Add 30 sec break between each.



## Cool Down Stretching - 3 Minutes

- Wind down with standing forward bends.
- Stretch your quadriceps, hamstrings, and calves.
- Finish with shoulder and triceps stretches.



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