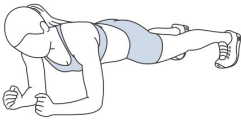




Dr. Collado's
9-Minute Workout at Work
A daily program to a better you!

I. Morning Stretches

Start each day with stretches before walking out the door.
Pick two stretches from the poster for each of the 5 body sections.
Hold each stretch for 20 seconds.

<u>II.</u>	<u>III.</u>	<u>IV.</u>	<u>V.</u>
Upper Body	Lower Body	Core & Crunches	1:00 Plank
One Min. Each	One Min. Each	10 Reps Each (approx. 1:30 m s)	1 Minute
a. Push-Ups b. Select from Poster c. Select from Poster	a. Squats b. Lunges c. Calf Raises	a. Flat on Back b. Right Elbow to Left Knee c. Left Elbow to Right Knee d. Heel Taps e. Legs to Chest	 Modified: Can perform with straight arms.

The above workout is intended to be performed throughout the full day
where you complete a one-minute item each hour.

Each exercise must be performed for one (1) full minute or as tolerated. Perform at your own pace.

VI. Evening Stretches

Repeat the morning warm-up stretches for each of the 5 body sections.
Hold each stretch for 20 seconds. This will prevent soreness.

VII. 30-Minute Brisk Walk While at Home

Keep a brisk pace to maintain a raised heart rate.



Visit DrCollados.com/Exercises to see demonstrations & modifications.