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Editor's Note



We're happy to welcome back Personal Trainer and Sports Nutritionist Cindy Whitmarsh who has some great ideas for energizing your afternoon! Each week, Cindy will share her tips to help you get fit and stay healthy! Today we have six exercises that can be done individually or together in one short workout session. If you're wearing a business suit, we understand why you might want to skip some of these. But if you're in business casual or home worker sweats, you've got no excuse not to give these exercises a go! Whether you try one or two or all six, we're certain you'll feel better when you're finished!

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Wednesday Workout: No Equipment, No Excuses!

Perform all exercises for an entire minute! This could be a 6, 12, or 18 minute workout! Good luck and every minute counts! You can do anything for a minute!

Exercise 1. Push ups from knees or toes. Do 10 at a time with a 5-second break for the entire minute!

Exercise 2. Triceps dips. Use a curb, chair, or elevated surface, hands holding the edge of surface; dip down till elbows are at 90 degree angle then lift back up to starting position with arms straight!



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