

The 10-min workout anyone can do

This full-body workout tones muscles and boosts fitness - our cover star Lisa Raleigh shows you how it's done



Don't have a gym membership? It doesn't matter. Don't have much time? That's not a problem either. Wellness expert Lisa Raleigh shows you how to fit a full-body workout into your busy lifestyle, and there's no need for fancy fitness equipment! This exercise programme has been made with steady progression in mind, making sure you get all the basic moves right for maximum

benefit. So start slowly with 10 repetitions of each exercise, building up to 20 reps when you're ready. As you get fitter, you can start doing two, then three, sets of 10/20 reps. If you feel exhausted at the end of each rep, you're doing it right! This simple, yet effective exercise plan targets your whole body. The best thing about it? You can start with just 10 minutes a day and you don't even have to leave the comfort of your home.



SQUAT
Good for legs, bums and core - a great all-rounder
Stand with feet parallel and just wider than hip-width apart. Keep hands on hips or forearms crossed in front of you at chest height. Sink down until knees are bent to 90 degrees. Knees must never extend past toes. Pause for a moment then rise back up to your starting position.



LUNGE
Good for thighs and bums, and strengthens core
Stand with feet slightly apart and hands on hips (or your forearms crossed in front of you at chest height). Take a big step forward and sink down, bending both knees to 90 degrees. Your back knee should just about touch the ground. Pause for a moment then rise up and step back to your starting position. Repeat with the opposite leg.



MODIFIED PUSH-UP
Works arms and chest
Position yourself on all fours on the floor. Then move your knees back until your body forms a straight line, while lifting your feet and crossing your ankles. Starting with arms straight but not locked, bend your elbows out to the sides and sink your body down in a straight line until your chest nears the floor. Keep your back strong - don't collapse between the shoulders. Pause for a moment then rise back up to your starting position.



AB CRUNCH
Builds a stronger core
Position yourself on your back on the floor. Bend your knees and rest hands lightly behind your head. Keeping feet and knees rooted in place, lift your head, neck and shoulders off the ground. Use your stomach muscles to lift up; don't pull your head forward with your hands. Pause for a moment then lower back down to your starting position.



TRICEP DIP
Great for toning arms
Find a sturdy elevated surface, like a coffee table or bench. Sit on the surface with your hands at your sides, facing forwards and heels flat on the floor. Keeping your hands in place, shift off the table, bending knees and sinking down until elbows are bent backwards to 90 degrees. Pause for a moment then rise back up to your starting position.

Top tip!
Keep a neutral spine, shoulders away from ears, and abs drawn in.

Photographs: Fotolia; Patrick Toselli