THE 10–15 MINUTE BUSY-PARENT WORKOUT

A simple five-move circuit to build movement into a busy day—no gym required.

YOUR CIRCUIT

1. **Push-ups**
   10–12 reps
2. **Squats**
   10–12 reps
3. **Plank**
   30–40 sec
4. **Jumping jacks**
   15 reps
5. **Lunges**
   10 reps / leg

HOW TO USE THIS GUIDE

01 Warm up for 2 minutes with easy marching and gentle arm circles.

02 Complete each exercise in order; rest as needed between moves.

03 Repeat the circuit 2–3 times as appropriate for your fitness level.

04 Finish with a brief cool-down and comfortable breathing.

TRAIN SMART | Choose a comfortable effort. Stop if you feel pain, dizziness, or unusual shortness of breath. Modify or skip movements as needed.

THE FIVE MOVES

Practice controlled movement before adding speed.



1 PUSH-UPS

10–12 repetitions

FORM

Keep your body aligned. Bend elbows with control, then press back up.

EASIER OPTION

Use a wall or sturdy counter for an incline push-up.



2 SQUATS

10–12 repetitions

FORM

Sit hips back and down. Keep heels grounded and stand tall.

EASIER OPTION

Lower toward a stable chair, then stand.



3 PLANK

30–40 seconds

FORM

Brace your abdomen; keep a straight line from shoulders to heels.

EASIER OPTION

Place forearms on a counter or hold for less time.

FINISH STRONG

Move at a pace that allows good form.



4 JUMPING JACKS

15 repetitions

FORM

Land softly as arms rise and feet move apart; return to start.

EASIER OPTION

Step one foot out at a time, without jumping.



5 LUNGES

10 repetitions per leg

FORM

Step back and lower with control. Keep your front knee tracking with your toes.

EASIER OPTION

Use a chair for balance or shorten your range.

MAKE IT YOUR OWN

Start with one round if you are new to exercise. A PTF personal trainer can help adjust the movements, exercise order, and intensity to your fitness level.

READY FOR A PERSONALIZED PLAN?

Visit pledgetofitness.com to explore a Free Fitness Assessment.