

# The 10 minute Kitchen Workout

All you need to do is pop on your trainers, or better still do it in bare feet.



**Cooker squat**  
Drop into a mini or deeper squat. Keep your shins vertical and bottom out.



**Cupboard press-up**  
Keep your bottom up, your back straight and your elbows out. Drop your chest to the work top, and push back up.



**Milk bottle press**  
Raise your arms overhead and then bend elbows to 90 degrees.



**Walk over loo step**  
Using a broomstick to balance, step up, raise up on your toes, drop down, and then touch your heel down on the other side.



**Log Basket Deadlift**  
Hinge at the hips, stick your bottom out and keep your back straight.



**Tea towel stretch**  
Roll up a tea towel, raise it over-head and side bend to one side, then the other.



**Broomstick lunge**  
Step forwards into a mini or full lunge, use your broomstick to balance.



**Beam swing**  
Find a doorway or beam to stretch or hang from. Swing and stretch from side to side if you can.

Repeat all the movements 5 times for both sides, and repeat the routine 2-3 times. Once you are confident in the movement patterns and feeling stronger, you can try the movements without a broom, sink into deeper squats and lunges, and increase your weights and repetitions.

This takes just 10 minutes, you can do it when you get in from work, whilst running the bath, while the baby sleeps, whilst watching the news or listening to the radio, or over the course of a few advert breaks. You can even adapt this for the office, just use your chair for balance and a box of files to deadlift. There really is no excuse.

Make yourself accountable to a partner, friend, or me! Take a picture, tag us and post it to Instagram @stockbridgeosteopathy or Facebook @stockbridgeosteopathicpractice. I'd love to see how you are getting on!

**Have fun, enjoy the process of creating good movement habits, and feeling the health benefits along the way.**