

Timer Workout

UNM College of Pharmacy
APhA-ASP Operation Self-Care

Directions: Set timer for 10 minutes and pick 5 of these exercises, do each for 45 seconds, rest 15 seconds between exercises, and then repeat.

Jumping Jacks	Jog in Place	High Knees
Jump Rope	Squats	Push-Ups
Sit-Ups	Lunges	Forearm Plank

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