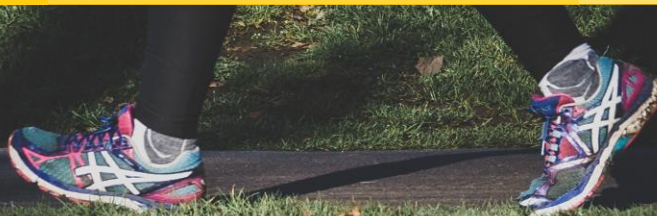


Get Active!



Exercise on the Go: The 10-Minute Total Body Workout

No time for fitness class? Squeeze in some exercise with this 10-minute routine that will strengthen your muscles, increase your heart rate, and get you moving!

Move 1	25 pushups
Move 2	30 mountain climbers*
Move 3	30-second sprint in place
Move 4	25 jump squats
Move 5	10 side shuffles
Move 6	25 squats with bicep curl to shoulder press (Use 5lb - 10lb free weights or create your own tension)
Move 7	25 back rows and back taps** (Use 5lb - 10lb free weights or create your own tension)
Move 8	25 reverse lunges with bicep curls on each leg (Use 5lb - 10lb free weights or create your own tension)
Move 9	50 bicycle crunches

*How to perform a **mountain climber**: Place hands on floor slightly wider than shoulder width apart. Position one leg forward bent under body and extend other leg back. While holding upper body in place, alternate leg positions by pushing hips up while immediately extending forward leg back and pulling rear leg forward under body, landing on both forefeet simultaneously. Intensity can be increased by stepping faster.

How to perform **back rows and back taps: While leaning forward, start with arms fully extended downward. Pull elbows straight back such that you feel shoulder blades pull together. Simultaneously alternate tapping one of your feet behind you as you pull arms back.

Source: American Heart Association (www.heart.org)

Always consult your healthcare provider before beginning a new exercise regimen. These materials are for informational purposes only and should not be considered medical advice. These materials are not intended to nor should they be construed as a substitute for the advice or treatment of a healthcare professional. By using these materials, you assume any related risks and acknowledge that in no case shall Caterpillar, Inc., its affiliates, directors, officers, or employees be liable for any claims, damages, or injuries directly related to such use.