the 10-minute morning workout

With this easy plan, you'll tone a different body part every day before school—and it all adds up to a hotter bod by the end of the month!

YOUR PERSONAL TRAINER

NAME: Tasha Dixon

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CELEB SHE TRAINED: Victoria Justice

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TRAINING TIP: "Take five minutes after you wake up to stretch and drink half a glass of water. Exercise feels easier if you're loose and hydrated!"

YOUR A.M. PLAN

1. Do cardio for 45 seconds, then rest for 15 seconds. Repeat four more times.
2. Do three sets of the toning exercises, resting for 30 seconds between sets.
3. Shower, eat, and head to school!

MONDAY: ARMS & SHOULDERS!

ARM CIRCLES

A Stand with feet shoulder-width apart, arms in a T, and palms up. Do 30 small arm circles forward.

B Flip palms down. Do 30 large arm circles backward.

TUESDAY: LEGS & BUTT!

CHAIR SQUATS

A Stand with weight on left leg with a chair behind you.

B Squat on left leg to lower your butt toward the chair. (Put down your right leg if you need to.) Return to start. Do 15, then repeat on right leg. That's one set.

WEDNESDAY: BUTT & INNER THIGHS!

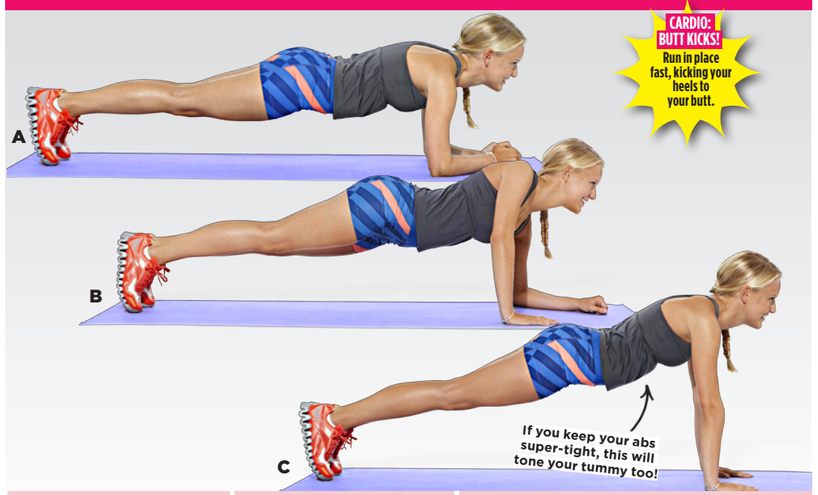
PLIÉ SQUAT RAISES

A Stand, legs three feet apart and toes turned out. Squat until knees are at about a 90° angle.

B Straighten legs, then raise up on your toes. Return to start. Do 20 reps.

THURSDAY: CHEST!

UP-DOWN PLANKS



A Begin in a half plank on your forearms with your hips and abs tight.

B Push up to a full plank one arm at a time: right arm goes first, then left.

C Hold for one count; return to start (right arm first, then left). Do seven reps, then repeat, leading with left arm.

FRIDAY: ABS!

LEG SCISSORS

A Lie on your back with legs straight up in the air at 90°.

B Cross legs like scissors (right over left, then left over right) as you lower them toward the floor.

C When feet are 12 inches off the floor, scissor legs back up to position A. Repeat 10 times.

WIN A SWAG BAG!

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WORTH $166 TOTAL!

TEAR OUT HERE!

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