

The 10-Minute No-Equipment Workout

A simple 3-move routine for busy adults – anywhere, in 10 minutes.



FIND WHAT YOU NEED

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MAKING IT FIT

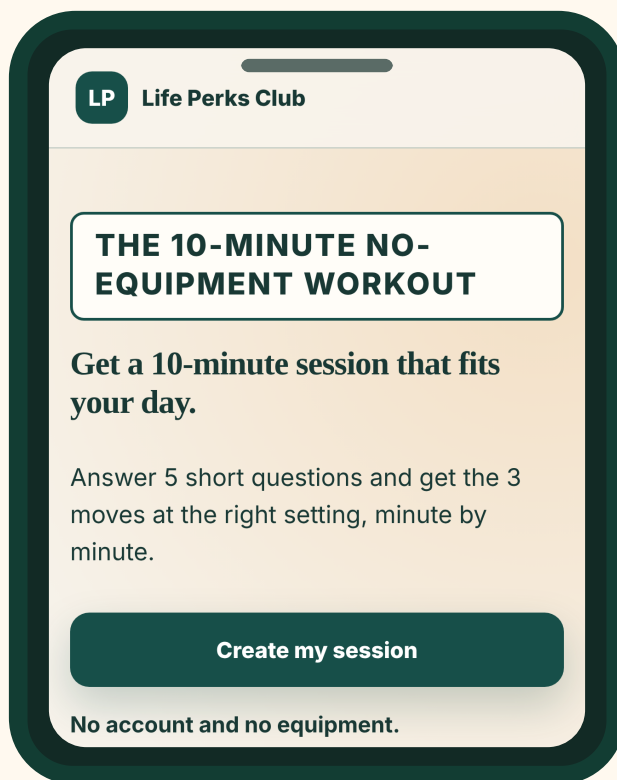
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Quick Route — Start With the Companion App



If you want a session that fits your day before you read the full guide, The 10-Minute No-Equipment Workout Companion App can help you start now.

It builds one personal 10-minute session from a few short questions: where you are, how much

CONTINUED

space you have, how used to exercise you are, which moves feel uncomfortable and whether you have 5 or 10 minutes.

Save favorites and add personal notes, so your app is tailored to your preferences.

You can create 2 complete personalized plans free.

Read the short safety check first. Then use the app if you want to move today, or continue with the guide and learn the 3 moves at your own pace.

Open the Companion App

<https://workout.lifeperksclub.com>

[START HERE](#)

What 10 Minutes Can Realistically Do



A 10-minute workout is not a gym session squeezed into a lunch break. It is a short, repeatable routine that fits into an ordinary day:

CONTINUED

before work, between calls, while dinner is in the oven or after the children are in bed.

It will not change your life in a week, and this guide does not promise that it will. It does not promise weight loss, a new shape or a number on a scale.

What it can do is give you a simple habit you can actually keep. 3 moves, the same order, about 10 minutes. You can do it in a living room, an office or a hotel room, without a mat, weights or special clothes.

The official U.S. physical activity guidelines say that any amount of physical activity has some health benefits, and that adults need muscle-strengthening activity 2 days a week. This routine can be one part of that. The sources are listed at the end of the guide.

CONTINUED

All you need is a chair and a wall.

A sturdy chair that does not roll, and a clear piece of wall you can lean on. Nothing else.

The 3 moves were chosen because they can be done almost anywhere, by many adults, without getting down on the floor. They use the body's own weight, and each one can be made easier or harder in a few seconds.

Here is what that can look like in a real week.

CONTINUED

A parent with 2 school-age children does the routine at 7:15 am, after the lunch boxes are packed and before everyone leaves. The kitchen chair is already there, and the wall by the fridge is clear. On busy mornings, it is the 5-minute version.

A commuter does it in the evening, right after taking off their coat. The bag goes down, the timer goes on, and the session is done before dinner is started.

An office worker uses the empty meeting room after lunch. Nobody needs to see it, and nobody needs to change clothes.

None of them has a perfect week. All of them have a routine they recognize and can come back to.

A GENTLE NOTE

You Don't Need a Perfect Workout



Some days the routine will be short. A child needs you, a meeting runs over, or you simply feel tired.

CONTINUED

On those days, 5 minutes counts, and so does 1 move.

You will not do every repetition with perfect form. You will forget a day. You may skip a whole week when life gets busy. That is normal, and it is not a failure.

The aim is a routine that holds on most days, with a short version for the rest. When you come back after a break, start again with the easier version of each move and build up from there.

CONTINUED

A short, imperfect session that happens is worth more than a perfect plan that stays on paper.

It also helps to decide in advance what counts. A full session counts. The 5-minute version counts. One move, done slowly and well, counts on a day when nothing else fits.

Write that down in your own words, so the bar is clear on the hard days: "On a busy day, one move is enough."

A GENTLE NOTE

Before You Start: A Short Safety Check



Read this page before your first session, and come back to it whenever something changes.

Stop if you feel pain, dizziness, chest discomfort or unusual shortness of breath.

CONTINUED

If you are pregnant, recovering from an injury or surgery, or have a heart, lung or joint condition, talk to your doctor before you start.

This guide is general information, not medical advice.

Set up your space:

- A sturdy chair that does not roll or tip. Put the back of the chair against a wall if it slides.

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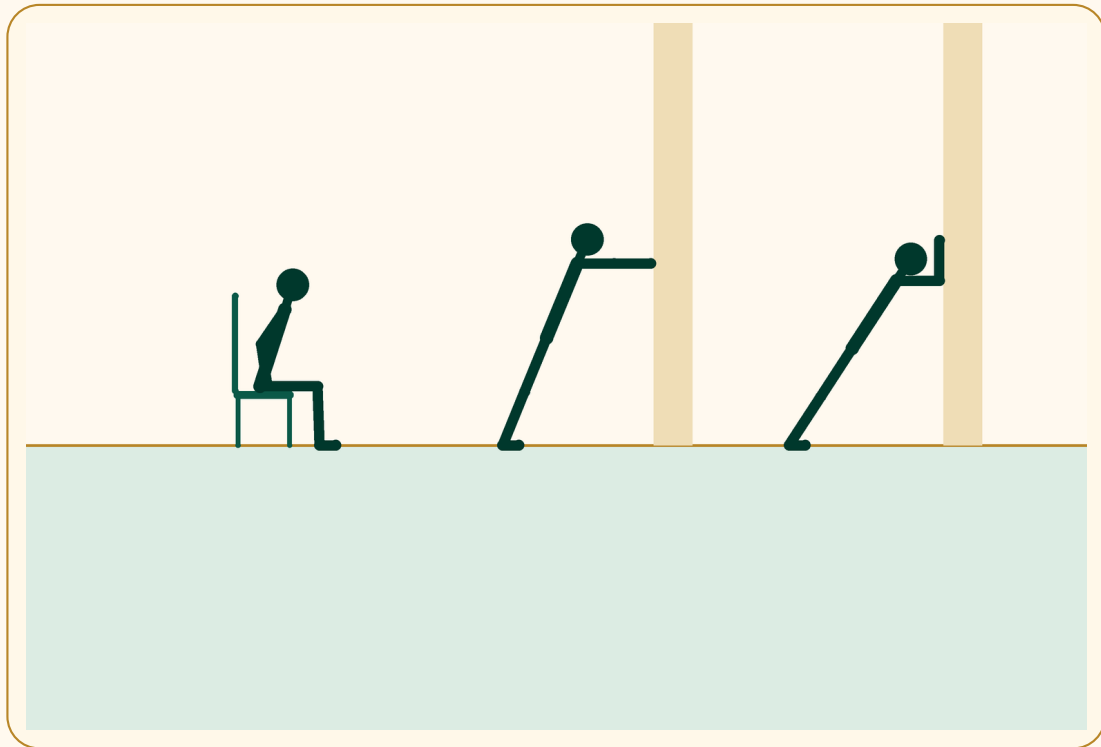
- A clear piece of wall with nothing hanging on it at the height of your hands.
- Room to stand and step without bumping into furniture.
- Flat, comfortable shoes with grip, or bare feet on a floor that is not slippery.

Breathe as you go. Do not hold your breath during the moves. Breathe out as you push or stand, and breathe in as you relax.

Listen to your body. If a move feels wrong, stop and use the easier version, or skip that move today.

THE METHOD

The 3 Moves



The routine has 3 moves, always in the same order:

1. **Chair Squat** — sit down and stand up from a chair, slowly.

CONTINUED

2. **Wall Push-Up** — push yourself away from a wall.

3. **Wall Plank** — hold a straight, steady line while leaning on a wall.

All 3 are done standing or sitting. There is no lying on the floor, no jumping and no equipment you have to buy.

Each move has an easier and a harder version. Start with the easier version for the first week, even if

CONTINUED

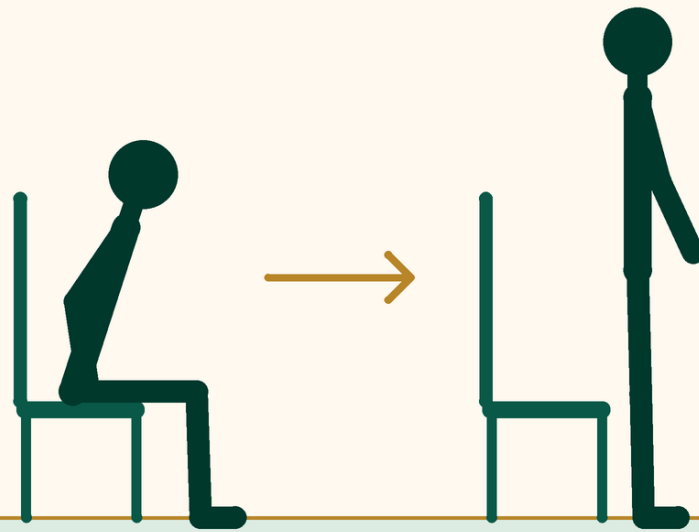
you feel you could do more. You can always add more later.

The order is chosen on purpose. The Chair Squat comes first, because getting up from a chair is a movement you already know. The Wall Push-Up comes second, while your legs rest. The Wall Plank comes third, as a short, still hold to finish the 3 moves.

Keep the order the same every day. When the routine looks the same each time, you do not have to think about it, and that is what makes it easy to start.

THE METHOD

Move 1: The Chair Squat



This is the chair rise exercise from the CDC's fall-prevention program, STEADI. It works the muscles you use every time you get up from a chair.

CONTINUED

It is the easiest of the 3 moves to learn, because you already do it many times a day. The difference is that you do it slowly, on purpose, and with as little help from your hands as you can manage.

If a knee, hip or your back hurts, stop and use the easier version.

How to do it:

1. Sit toward the front of a sturdy chair, with your knees bent and your feet flat on the floor, shoulder-width apart.

CONTINUED

2. Rest your hands lightly on the seat on either side of you.

3. Lean forward a little. Breathe out, and slowly stand up, using your hands as little as possible.

4. Pause for a full breath in and out.

5. Breathe in as you slowly sit back down. Control your lowering as much as you can. Do not let yourself collapse into the chair.

Repeat 10 to 15 times. If that is too hard, begin with fewer and work up to this number.

CONTINUED

Easier: Use your hands on the seat to help you up. Do fewer repetitions.

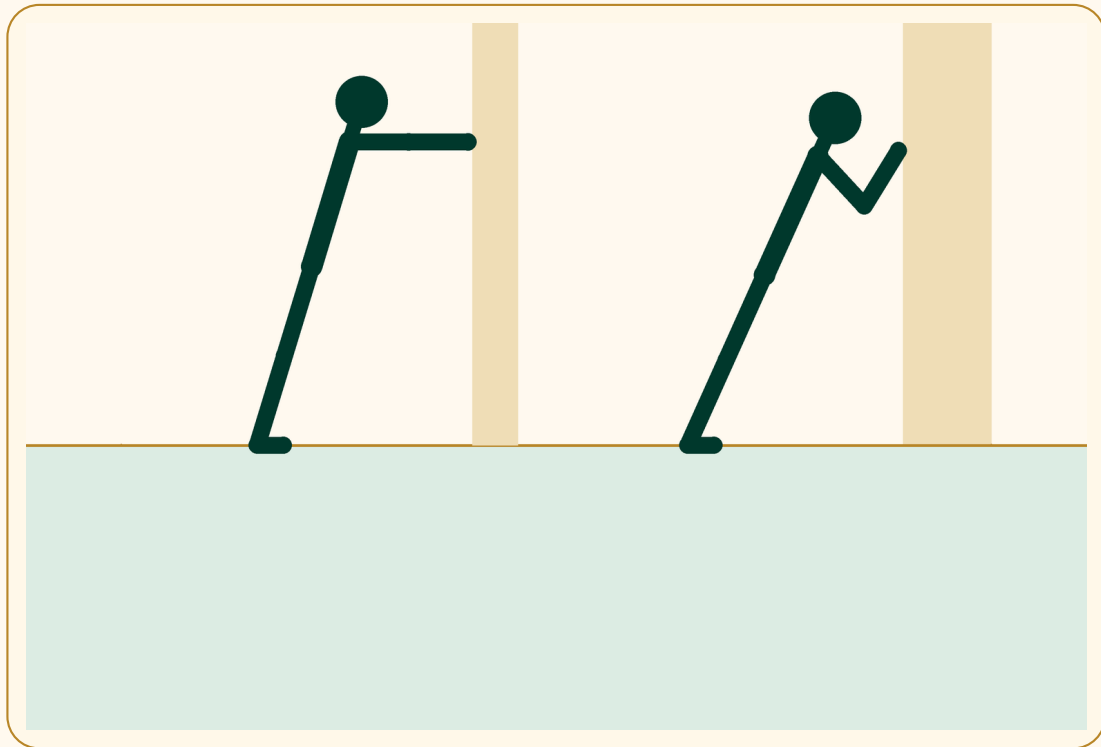
Harder: When you are ready, stand up without using your hands. Lower yourself more slowly.

Common mistakes:

- Dropping into the chair. Lower yourself slowly, as if the chair were a little farther away than it is.
- Holding your breath. Breathe out as you stand, and breathe in as you sit.
- Rushing. Each repetition should take a few seconds, up and down.
- Using a chair that slides. Put the back of the chair against a wall, or choose another chair.

THE METHOD

Move 2: The Wall Push-Up



A push-up uses your own body weight. Against a wall, it is a lighter way to start.

You do not need to get down on the floor, and you can make it lighter or harder just by moving your

CONTINUED

feet. It is a good move for days when you are in work clothes or short on space.

If a wrist, shoulder or elbow hurts, stop and use the easier version.

How to do it:

1. Stand facing a wall, a little more than an arm's length away, with your feet about hip-width apart.

CONTINUED

2. Lean forward and place your palms flat on the wall at shoulder height, a little wider than your shoulders.

3. Breathe in as you slowly bend your elbows and bring your chest toward the wall. Keep your body in a straight line from head to heels.

4. Breathe out as you slowly push back until your arms are straight again.

Aim for 8 to 12 repetitions. That is one set.

CONTINUED

Easier: Stand closer to the wall. Do one set, with fewer repetitions if you need to.

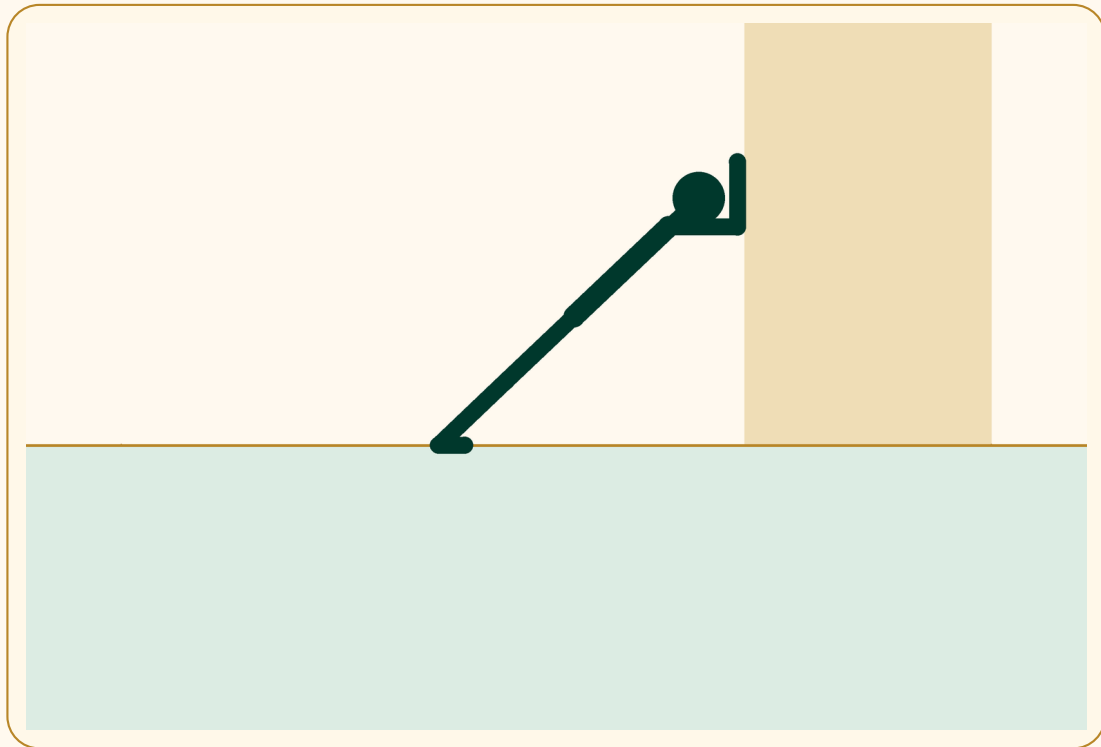
Harder: Stand a small step farther from the wall. When you are ready, add a second set.

Common mistakes:

- Letting the hips sag or stick out. Keep one straight line from head to heels.
- Putting your hands too high or too low. Keep them at shoulder height.
- Standing too far back on the first day. Start close, and step back only when the move feels easy.
- Shoes that slide. If your feet move, stand closer or wear shoes with grip.

THE METHOD

Move 3: The Wall Plank



A plank is a hold: you keep your body still in one straight line. Against a wall, you can do it standing.

Instead of moving up and down, you stay still and breathe.

CONTINUED

If the hold strains your shoulders or lower back, stop and use the easier version, or skip this move today.

How to do it:

1. Stand facing the wall and place your forearms on it at about shoulder height, with your elbows under your shoulders.
2. Step your feet back until your body leans toward the wall in one straight line from head to heels.
3. Gently tighten your stomach as if you were bracing for a light push. Keep breathing.
4. Hold for 3 to 5 slow breaths, then step your feet back in and rest.

CONTINUED

Repeat 2 or 3 times.

Easier: Stand closer to the wall, so you lean less. Hold for fewer breaths.

Harder: Step a little farther back, so you lean more. Hold for a few more breaths.

Common mistakes:

- Holding your breath. Count your breaths instead of the seconds, and keep them slow.
- Letting your lower back sag. If you cannot keep the line, step closer to the wall.
- Shrugging your shoulders up to your ears. Keep them relaxed and away from your ears.

THE METHOD

Make It Easier, Make It Harder



Every move has 3 settings. Pick the one that matches today, not the one you think you should manage.

CONTINUED

Chair Squat · Use your hands; fewer repetitions · 10 to 15 slow repetitions · No hands; slower lowering

Wall Push-Up · Stand closer to the wall · 8 to 12 repetitions · A small step farther back; a second set

Wall Plank · Stand closer; fewer breaths · 3 to 5 slow breaths, 2 or 3 times · Step farther back; a few more breaths

The rule is simple: move up one setting only when the current one feels comfortable for a whole

CONTINUED

week. Move down one setting whenever a day feels hard.

Settings are not a ranking. 2 people can do the same routine at different settings, and both are doing it right. Your setting can also change from day to day. After a bad night's sleep or a long day on your feet, the easier setting is the right one.

If one move never feels right, keep the other 2 and use the easier setting for that move, or leave it out for now. The Companion App asks which moves feel uncomfortable for exactly this reason.

STEP BY STEP

The 10-Minute Session, Minute by Minute



Use a timer, or the stopwatch in the Companion App. The minutes are a guide, not a test.

1 · Warm up. March gently in place and roll your shoulders.

CONTINUED

2–3 · Chair Squat. One set of 10 to 15, or fewer, then rest.

4–5 · Wall Push-Up. One set at your setting, then rest.

6–7 · Wall Plank. 2 or 3 holds at your setting, with rest between.

8–9 · Your choice. Repeat the move that felt best today, or rest if you need to.

10 · Cool down. Walk slowly around the room and let your breathing settle.

Warming up before exercise and cooling down after it is recommended by the National Institute on Aging. Do not skip the first and last minute, even on a busy day.

STEP BY STEP

The 5-Minute Version



On days when 10 minutes is too much:

1 • Warm up: march gently in place.

CONTINUED

2 · Chair Squat: a few slow repetitions.

3 · Wall Push-Up: a few slow repetitions.

4 · Wall Plank: 1 or 2 holds.

5 · Cool down: walk slowly.

HOW HARD SHOULD IT FEEL?

How Hard Should It Feel?



You should feel that your muscles are working, but you should never feel pain.

A simple rule of thumb: you should still be able to say a short sentence. If you cannot, slow down.

CONTINUED

For the strength moves, the last few repetitions of a set should feel harder than the first, while your movement still looks the same. If your form starts to change, the set is done.

Listen to your body. A good session leaves you feeling that you could do it again tomorrow.

Signs that the setting is right:

- You can finish the set with the same slow, steady movement you started with.

CONTINUED

- You are breathing a little harder, but you can still talk.
- You feel your muscles working during the set, and you feel normal again a few minutes later.

Signs to use an easier setting:

- You have to rush, swing or hold your breath to finish.
- Your form changes in the last repetitions.
- A joint, not a muscle, feels uncomfortable.

If something hurts, stop. The safety check at the start of the guide applies every day.

WHERE TO FIT IT IN

Where to Fit It In



The best time is the time you will actually use. Most people find it easier to attach the routine to something they already do every day: the first coffee, the end of a meeting, the moment the children start their homework.

CONTINUED

Pick one fixed moment for the first week. Write it in the tracker at the back of the guide.

A few moments that work for many people:

- Right after the first coffee or tea of the day.
- Right after you take off your coat when you get home.
- While the oven heats up or the pasta water comes to a boil.
- At the end of the last meeting of the day.
- When the children start their homework or their bath.

The moment matters more than the clock. "After my coffee" is easier to keep than "at 7:30", because it happens even when the morning runs late.

WHERE TO START

At Home



At home, the kitchen chair and the hallway wall are all you need.

Set the chair against the wall in the same spot every day, so the routine is ready before you are.

CONTINUED

Some people do the 3 moves while the coffee brews or the oven heats up.

If the floor is slippery, wear shoes with grip or go barefoot.

Keep the routine visible. A note on the fridge or the chair already in place is often all the reminder you need. If you share your home, tell the others when your 10 minutes are, so the space stays clear.

WHERE TO START

At Work or on the Way



At work, look for a chair without wheels and a quiet piece of wall: an empty meeting room, a corridor, or the space by your desk if there is room.

CONTINUED

In a hotel room, use the desk chair and the wall by the door.

You do not need to change clothes. If you are wearing tight or formal clothes, use the easier versions and keep the movements slow.

On travel days, the 5-minute version is often the right choice. A short session in a new place keeps the habit going without making the day harder.

WHERE TO START

With Children Around



Children often want to join in, and that is fine. Let them count your repetitions, set the timer or do their own version next to you.

CONTINUED

Keep the chair steady and keep small children out of the space in front of the wall while you lean.

If you are interrupted, stop, help, and pick up where you left off. A session in 2 parts still counts.

Older children can be your timekeeper or do the moves with you. Make it a shared 10 minutes instead of something you do around them. Keep it simple, and let them stop whenever they want.

STEP BY STEP

Your First Week



Treat the first week as a trial. Use the easier version of each move every day, even if it feels too easy.

CONTINUED**A simple first week can look like this:**

- **Day 1:** Read the safety check. Set up the chair and the wall. Do the 5-minute version with the easier setting for every move.
- **Day 2:** The full 10 minutes, easier setting. Notice which move feels most natural.
- **Day 3:** Same as day 2. Write one note in the tracker.
- **Day 4:** Same again. If a move feels uncomfortable, stay on the easier setting or skip it today.
- **Day 5:** Same again, at your fixed moment of the day.
- **Day 6:** The 5-minute version is fine if the day is full.

CONTINUED

- **Day 7:** Look back at the tracker and plan week 2.

Do the session on as many days as you can, at the same time each day. Mark each day in the tracker: done, short version, or skipped. That is all.

At the end of the week, look at the tracker. Which time of day worked? Which move felt best? Use the answers to plan the next week.

Do not judge the week by how you look or feel after 7 days. Judge it by one question: did the routine fit into your days? If it did, keep it. If it did not, change the moment of the day before you change anything else.

The National Institute on Aging advises increasing your physical activity gradually. That is why the first week adds no extra sets.

KEEP IT GOING

Keep It Going



After the first week, change one thing at a time: a harder version of one move, or a second set of one move. Never change everything at once.

CONTINUED

Keep the same order and the same moment of the day. A routine that looks the same every day is easier to keep than one you have to plan.

It also helps to notice what makes it easy. Maybe it is the chair that is always in place, or the timer that is always on your phone. Keep those things. When something makes it harder, such as a new schedule or a trip, switch to the 5-minute version until the new week settles.

Use the Companion App or the tracker to keep a simple record of the days you did it. Count days, not results.

STEP BY STEP

The Next 3 Weeks



Here is one way the next weeks can go:

- **Week 2:** Keep everything the same, but try the standard setting for the Chair Squat.

CONTINUED

- **Week 3:** Try the standard setting for the Wall Push-Up as well.

- **Week 4:** Try the standard setting for the Wall Plank, or add a second set of the move you like best.

If a week feels too hard, stay where you are, or go back one step. There is no deadline. The only rule is one change at a time.

WHEN YOU MISS A DAY

When You Miss a Day



You will miss days. Everyone does.

Do not try to make up for it with a longer session. Just do the normal session the next day, or the 5-minute version if you are short on time.

CONTINUED

A longer session after a break can be the reason people stop altogether. It feels hard, it takes time you do not have, and it turns a small habit back into a big project. Keep it small, and keep it the same.

If you have missed a week or more, go back to the easier versions for a few days before you move up again.

It can help to plan for missed days in advance. Decide now what you will do on the day after a missed session: the same moment, the 5-minute version, the easier setting. Then there is nothing to decide when you get back.

A missed day says nothing about you. It is just a day. The routine is still there tomorrow.

A GENTLE NOTE

A note on safety



Stop if you feel pain, dizziness, chest discomfort or unusual shortness of breath.

CONTINUED

If you are pregnant, recovering from an injury or surgery, or have a heart, lung or joint condition, talk to your doctor before you start.

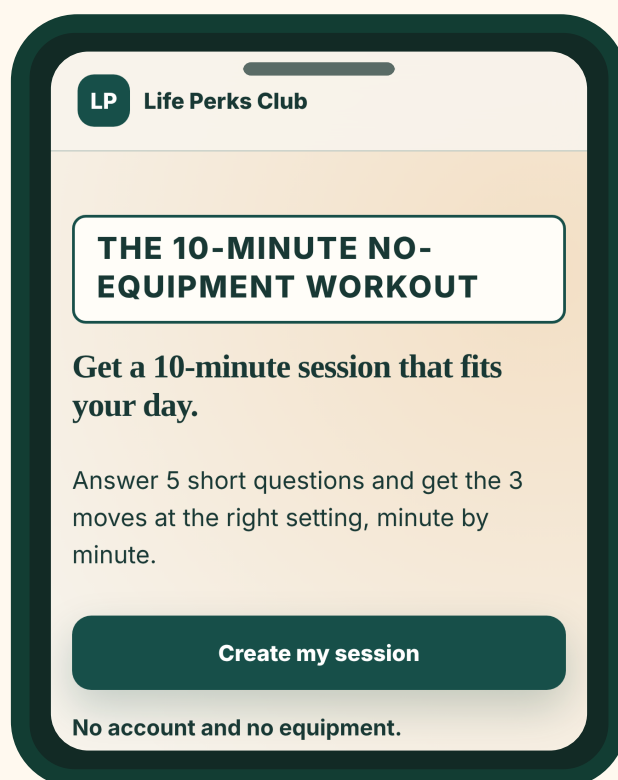
This guide is general information, not medical advice.

If you are unsure about a movement, ask your doctor or a physical therapist.

OPTIONAL COMPANION APP

Use The 10-Minute No-Equipment Workout Companion App

This guide explains the 3-move routine. The 10-Minute No-Equipment Workout Companion App turns it into a personal session that fits your day.



CONTINUED

Answer 5 short questions — where you are, how much space you have, how used to exercise you are, which moves feel uncomfortable, and whether you have 5 or 10 minutes — and get the 3 moves at the right setting, minute by minute, with a stopwatch and a plan for your week.

Save favorites and add personal notes, so your app is tailored to your preferences.

You can create 2 complete personalized plans free. After that, a one-time unlock of \$9 keeps it yours. There is no subscription and no renewal.

Open the Companion App

<https://workout.lifeperksclub.com>

FINAL CHECKLIST

Your Pre-Workout Checklist



☐ The chair is sturdy and does not roll.

☐ The wall is clear at the height of my hands.

CONTINUED

☐ I have room to stand and step.

☐ My shoes have grip, or my feet are bare on a dry floor.

☐ I know which setting I will use for each move today.

☐ I have read the safety check, and I feel well today.

FINAL CHECKLIST

Your One-Week Tracker



Use a few words in each box. Count days, not results.

CONTINUED**Monday**

Done, short or skipped? _____

Setting I used _____

One note for tomorrow _____

Tuesday

Done, short or skipped? _____

Setting I used _____

One note for tomorrow _____

CONTINUED**Wednesday**

Done, short or skipped? _____

Setting I used _____

One note for tomorrow _____

Thursday

Done, short or skipped? _____

Setting I used _____

One note for tomorrow _____

Friday

Done, short or skipped? _____

Setting I used _____

One note for tomorrow _____

CONTINUED**Saturday**

Done, short or skipped? _____

Setting I used _____

One note for tomorrow _____

Sunday

Done, short or skipped? _____

Setting I used _____

One note for tomorrow _____

My fixed moment of the day: _____

CLOSING THOUGHTS

Closing Thoughts



You do not need a gym, a plan for the whole year or an hour of free time. You need a chair, a wall and 10 minutes, on most days.

Think back to why you picked up this guide. Maybe you wanted something you could do without

CONTINUED

leaving the house, or without paying for a membership. Maybe you wanted a routine that still works on the days when the children, the commute or the job take everything else.

That is what the 3 moves are for. They are small on purpose. They fit into the corners of an ordinary day, and they are still there on the days when nothing else goes to plan.

Start with the easier versions. Keep the same order. When a day goes wrong, do the 5-minute version, or simply start again tomorrow.

A routine you keep is better than a perfect one you never start.

SOURCES

A note on sources

The key numbers in this guide (2 days a week, 8 to 12 repetitions, 10 to 15 for the Chair Squat) come from U.S. public health sources. They were read on October 4, 2026.

The CDC's chair rise brochure adds a second set after a minute of rest; to fit 10 minutes, this routine uses 1 set.

The safety lines are our own general precautions, in line with the National Heart, Lung, and Blood Institute's advice to talk with your doctor about symptoms such as chest pain or dizziness.

CONTINUED

The session times, the number of breaths and holds in the Wall Plank, the rule of thumb for how hard it should feel, and the week plans are our own suggestions. Several of these sources are written for older adults; the moves are gentle, and the safety lines apply to everyone.

- CDC, Adult Activity: An Overview — adults need 2 days of muscle-strengthening activity each week.
<https://www.cdc.gov/physical-activity-basics/guidelines/adults.html>

- Office of Disease Prevention and Health Promotion (health.gov), Top 10 Things to Know About the Physical Activity Guidelines — any amount of physical activity has some health benefits. <https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines/top-10-things-know>

CONTINUED

- CDC STEADI, Chair Rise Exercise — the steps for Move 1 and "Repeat 10-15 times". <https://www.cdc.gov/steady/pdf/STEADI-Brochure-ChairRiseEx-508.pdf>
- CDC, What Counts as Physical Activity for Older Adults — 8 to 12 repetitions count as one set (a general number for strength activities, used here for the Wall Push-Up). <https://www.cdc.gov/physical-activity-basics/adding-older-adults/what-counts.html>
- National Institute on Aging, the page on the 3 types of exercise — breathing, "Listen to your body", a sturdy chair or wall for support. <https://www.nia.nih.gov/health/exercise-and-physical-activity/three-types-exercise-can-improve-your-health-and-physical>
- National Institute on Aging, Tips for Getting and Staying Active as You Age — warming up and cooling down; increasing gradually. <https://www.nia.nih.gov/health/exercise-and-physical-activity/tips-getting-and-staying-active-you-age>

CONTINUED

- National Heart, Lung, and Blood Institute, Physical Activity and Your Heart: Risks — talk with your doctor about symptoms such as chest pain or dizziness.

<https://www.nhlbi.nih.gov/health/heart/physical-activity/risks>

The steps for the Wall Push-Up and the Wall Plank are our own plain description of common bodyweight moves. No public health source gives step-by-step instructions for these 2 wall versions.

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