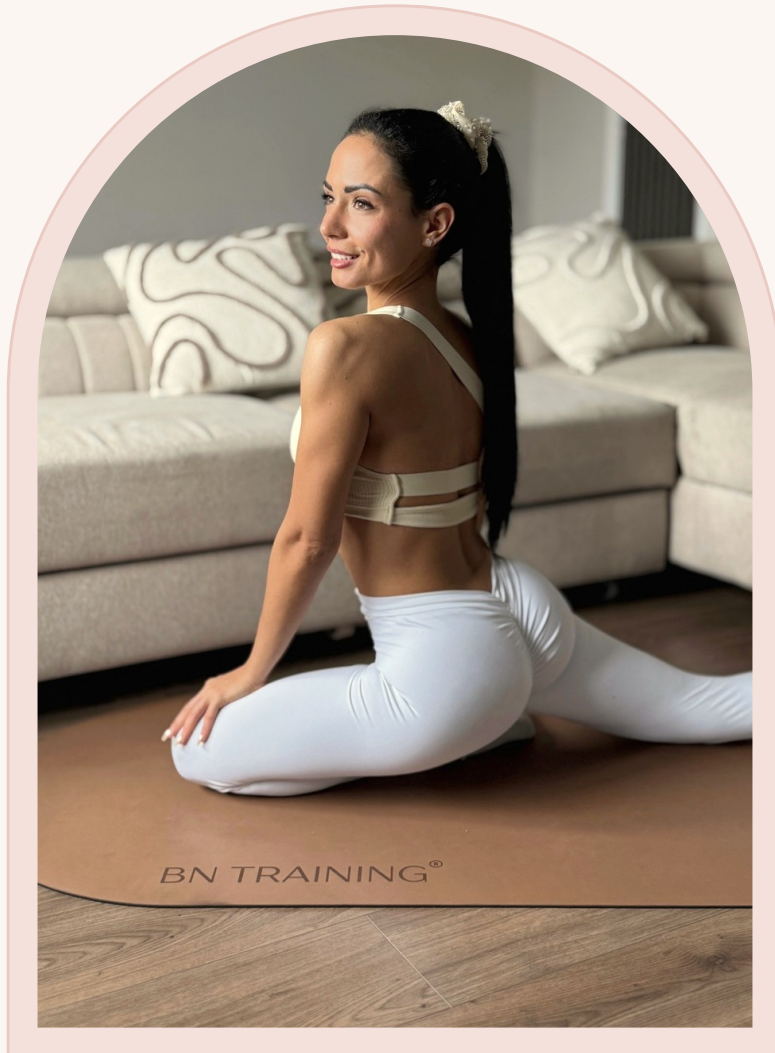


elzhana^{BN}

MOVE. NOURISH. FEEL GOOD.

10 DAYS OF SHORT HOME WORKOUTS



10 day beginner home workout guide

Around 10 minutes a day at home.

A simple plan with follow-along videos, beginner tips and gentle recovery days.

[Start your guide](#)

BY ELZHANA BN

For busy women making space for a little everyday movement.

WELCOME

Welcome

Hey lovely,

If you found me through my toddler workout reel, you already know why I love a short home workout. Fitting movement into everyday life can take a little creativity, especially when a small person has other plans.

I created this guide to help you get started without spending your whole workout window deciding what to do. Over the next 10 days, you have a planned focus each day, including two gentler recovery sessions.

You can follow along at home with a little space and no weights. Take the easier options, pause when you need to, and give yourself time to learn. I want you to finish feeling more comfortable with movement and clearer about how to fit it into your own day.

Each day offers around 10 minutes of movement. The video lengths are shown, and you may need extra time to warm up, cool down or rest. If the plan takes more than 10 calendar days, that is completely fine.

Love,

Elzhana

**10 days**

A planned focus every day

About 10 min

A day, at home

2 recovery days

Gentle sessions built in

EXPLORE YOUR GUIDE

[Before you begin](#)[Your 10 day plan](#)[Tips for busy days](#)[Your progress tracker](#)[After your 10 days](#)[Find my workouts on YouTube](#)

BEFORE YOU BEGIN

Before you begin

Read this once, then keep the daily workout pages handy.

Set up your space

Choose a clear, non-slip area where you can move your arms and legs freely. Wear comfortable clothes and keep water nearby. A mat can make floor exercises more comfortable. If you use a chair for balance, make sure it is stable.

If your toddler is nearby, keep your movement area clear and supervise them. Pause whenever they need you; the video can wait.

Allow time to warm up and cool down

The videos are about 5 to 10 minutes long, including any introductions. Allow extra time for a suitable warm-up and cool-down when these are not included. Take breaks as needed; there is no need to rush. You can use my warm-up and cool-down videos:

Warm-up (3:16)

Cool-down (3:39)

Find your beginner pace

For most sessions, aim for a comfortable to moderate effort. You should still be able to talk. On Days 5 and 9, keep the effort easy and your breathing relaxed. Day 6 is a HIIT session and the liveliest of the plan: work in short bursts, rest when you need to and swap any jumping or fast moves for a lower-impact version. Take a rest whenever your movements become hard to control.

Breathe naturally. Avoid holding your breath. Try breathing out during the harder part of a movement.

Make it smaller. Reduce the range, slow down or shorten a set. You can keep using an easier option for the whole guide.

Make room for rest. The daily structure is flexible. Swap a workout for easy movement or a full rest day if you need more recovery.

Check what is suitable for you

This is general beginner fitness guidance. If you have not exercised for some time, have a health condition or injury, or are pregnant or recently gave birth, ask your GP, midwife or physiotherapist which activities are suitable. This guide is not a pregnancy or postnatal rehabilitation programme.

Stop if you feel pain, dizziness or unwell. Seek medical advice for persistent or concerning symptoms. Chest pain, fainting or severe breathlessness need urgent medical attention. NHS guidance is linked on the final page.

YOUR 10 DAY PLAN

Your 10 day plan

Follow the days in order, moving them around your life when needed. Days 5 and 9 are gentle sessions to give you a break from the more active workouts. Tap any day to jump to it.

DAY		SESSION	VIDEO	EFFORT
01		Mat Pilates	About 10 min	Comfortable
02		Glutes	About 8 min	Comfortable
03		Core and waist	About 8 min	Comfortable to moderate
04		Back workout	About 10 min	Comfortable
05		Morning mobility	About 6 min + 4 min walk	Easy recovery day
06		HIIT	About 9 min	Moderate
07		Obliques	About 8 min	Comfortable to moderate
08		Hourglass	About 10 min	Comfortable to moderate
09		Posture reset	About 6 min + 4 min walk	Easy recovery day
10		Glutes finisher	About 10 min	Comfortable to moderate

Days 5 and 9 add 4 minutes of easy walking before the video. Video lengths are approximate; allow extra time for preparation and breaks.

How to follow each day

Open the daily page, tap the thumbnail or button to watch on YouTube, follow at your own pace and use the easier option when it helps. Then mark your tracker.

DAY 01 / 10

Mat Pilates

01

About 10 min

Comfortable

Mat helpful

[Watch on YouTube](#)*Tap the photo or button to open the video*

Start with my beginner-friendly mat Pilates workout. Give yourself time to learn the movements and find a pace you can control.

My cue for you

Watch the first repetition, then join in. Keep breathing throughout each movement.

Make it easier

Use a smaller range of movement and pause whenever you need a rest. If a move such as the roll over, teaser or a plank feels like too much, bend your knees, lower to your knees or skip it for now.

NEXT UP

Day 02 · Glutes



DAY 02 / 10

Glutes

02

About 8 min

Comfortable

Mat helpful

[Watch on YouTube](#)*Tap the photo or button to open the video*

A short glutes session to start building strength through your hips and legs. Keep the movements small and controlled while you learn them.

My cue for you

Move slowly and stay within a range you can control. Breathe out as you push or lift.

Make it easier

The thumbnail shows a mini loop band. If you do not have one, follow along without it. Make movements smaller, rest between exercises or shorten each set.

NEXT UP

Day 03 · Core and waist

>

DAY 03 / 10

Core and waist

03

About 8 min

Comfortable to moderate

No equipment

[Watch on YouTube](#)*Tap the photo or button to open the video*

An 8-minute core session with no equipment. Focus on steady, controlled movement rather than keeping up with every repetition.

My cue for you

Breathe out through the harder part of each move. Stop or rest if you feel strain in your neck or lower back.

Make it easier

Reduce the range, shorten the set or pause before you lose control of the movement.

NEXT UP

[Day 04 · Back workout](#)

>

DAY 04 / 10

Back workout

04

About 10 min

Comfortable

No equipment

[Watch on YouTube](#)*Tap the photo or button to open the video*

Give your back some attention with this at-home workout. The video offers a wrist-weight option; follow the bodyweight version without weights and keep the effort comfortable.

My cue for you

Move gently and stay within a comfortable range.
Avoid forcing your back into any position.

Make it easier

Make each movement smaller, skip any uncomfortable position and rest when needed.

NEXT UP

[Day 05 · Morning mobility](#)

>

DAY 05 / 10

Morning mobility

05

About 6 min + 4 min walk

Easy recovery day

No equipment

[Watch on YouTube](#)*Tap the photo or button to open the video*

Start with 4 minutes of easy walking or gentle marching, then follow my morning mobility video. Together, that is about 10 minutes.

My cue for you

Keep this recovery session easy. Move gradually and let your breathing stay relaxed.

Make it easier

Use a smaller range and leave out any position that feels uncomfortable.

NEXT UP

Day 06 · HIIT



DAY 06 / 10

HIIT

06

About 9 min

Moderate

No equipment



Watch on YouTube

Warm up first:

Warm-up

Cool-down

A short HIIT session and the liveliest day of the plan. Warm up first, then work at a pace that lets you keep good control. You decide the effort.

My cue for you

Work in short bursts, then rest. Keep your breathing under control and stop if you feel dizzy or unwell.

Make it easier

Swap any jumping or fast moves for a step or a march, make movements smaller and take extra rests. If it feels like too much, do part of it today and come back another day.

NEXT UP

Day 07 · Obliques



DAY 07 / 10

Obliques

07

About 8 min

Comfortable to moderate

Mat helpful

[Watch on YouTube](#)*Tap the photo or button to open the video*

An 8-minute obliques session with no equipment. Take your time getting into each position and keep the movements controlled.

My cue for you

Keep breathing and move with control. Stop or rest if you feel strain in your neck or lower back.

Make it easier

Reduce the range, shorten the set or rest. Skip any position that feels uncomfortable on your wrists or shoulders.

NEXT UP

Day 08 · Hourglass



DAY 08 / 10

Hourglass

08

About 10 min

Comfortable to moderate

No equipment

[Watch on YouTube](#)*Tap the photo or button to open the video*

A 3-in-1 session of around 10 minutes with no equipment. Take it one exercise at a time and rest whenever you need to.

My cue for you

Choose a range you can control and keep breathing.
Quality of movement matters more than speed.

Make it easier

Make movements smaller, shorten each set or pause
between exercises.

NEXT UP

Day 09 · Posture reset

>

DAY 09 / 10

Posture reset

09

About 6 min + 4 min walk

Easy recovery day

Mat helpful

[Watch on YouTube](#)*Tap the photo or button to open the video*

Walk or march gently for 4 minutes, then follow my posture video. This gives you another easy session of about 10 minutes.

My cue for you

Ease into each position. A light stretch is enough; avoid bouncing or forcing extra range.

Make it easier

Stay in the most comfortable version of each position and use support where appropriate.

NEXT UP

Day 10 · Glutes finisher

>

DAY 10 / 10

Glutes finisher

10

About 10 min

Comfortable to moderate

Mat helpful

[Watch on YouTube](#)*Tap the photo or button to open the video*

Finish the guide with a 10-minute glutes workout and no equipment. By now, setting up and following along should feel more familiar.

My cue for you

Focus on control and breathing. Notice whether anything feels easier than it did on Day 2.

Make it easier

Keep your modifications and extra rests. There is no need to make the final day harder.

NEXT UP

[After your 10 days · Choose your next step](#)

>

TIPS FOR BUSY DAYS

Making it work on busy days

Some days will be smooth. Other days you will press pause more than once. Here is how to keep the plan flexible.

If your toddler interrupts

Pause and take care of what they need. You can return later if there is a suitable moment. If you have cooled down, start gently again before returning to the main movements. An unfinished session can stay unfinished.

If you only have five minutes

Choose a few minutes of easy movement today, such as a gentle walk. Save the planned workout for another time. Avoid squeezing the main exercises in by skipping the warm-up or cool-down.

If you miss a day

Continue with the next session when you are ready. You do not need to double up or restart from Day 1. The order can stay the same even when the dates change.

If a workout feels too hard

Use the easier option, make the movement smaller or rest. If you still cannot move comfortably, end the session and choose a more suitable activity. Check with a qualified professional if you are unsure how to adapt a movement.

If you are tired or sore

Choose gentle movement or a full rest day if you need it. Keep the mobility days easy. Pain is a reason to stop and assess, rather than push through to complete a box on the tracker.

If starting is the hard part

Save the next video before you need it, leave your comfortable clothes somewhere easy to reach, and choose a realistic time. You can decide how much to do once you have checked how you feel.

If a session feels easy

Use the time to practise control and breathing. After the guide, you can gradually build on a routine you feel comfortable repeating.

YOUR PROGRESS TRACKER

Your progress tracker

Record what you did and how it felt. If you shortened, adapted or moved a session, simply note it. Dates can change.

DAY	SESSION	DONE	DATE	HOW I FELT / CHANGES
01	Mat Pilates	☐		
02	Glutes	☐		
03	Core and waist	☐		
04	Back workout	☐		
05	Morning mobility	☐		
06	HIIT	☐		
07	Obliques	☐		
08	Hourglass	☐		
09	Posture reset	☐		
10	Glutes finisher	☐		

Notice your own progress

The session I enjoyed most was _____

Something that felt more familiar was _____

The time that worked best for me was _____

One thing I want to keep doing is _____

Your notes can help you choose what to do next.

AFTER YOUR 10 DAYS

After your 10 days

Take a moment to look back at your tracker. Which sessions did you enjoy? When was it easiest to make time? Those answers can help you build a routine you want to return to.

Choose your next step

Repeat the guide. Keep the same easier options if they still suit you. Familiar sessions give you more time to practise the movements.

Build gradually. When the routine feels comfortable, change one thing at a time. You might choose a slightly longer session on one day, or add a little more walking to your week. Keep recovery in the plan.

Keep the workouts you enjoy. Save a few favourites so your next session is easy to find. You can return to them when life gets busy again.

How these 10 minutes fit into your week

Short sessions are a useful place to begin. For general health, adults are advised to work towards at least 150 minutes of moderate aerobic activity a week, or 75 minutes of vigorous activity, alongside strengthening all major muscle groups on at least 2 days. Build up in a way that suits your starting point. [1]

This guide helps you get started with regular movement. The gentler sessions and warm-ups will not all count as moderate aerobic activity. Everyday walking and other activities can also contribute to your routine.

Keep moving with me

You can find more home workouts on my YouTube channel. Save the sessions you enjoy and subscribe if you would like to join me for more.

[Open ElzhanaBN on YouTube](#)

If you try the guide, I would love to hear which day was your favourite.

Love, Elzhana

Further guidance

[1] NHS physical activity guidelines for adults aged 19 to 64

[2] NHS keeping fit and healthy with a baby

Please check the linked NHS pages for the latest guidance.