

# 10 and Done

**A moderate workout for an advanced fitness level**

A 10-minute workout designed for advanced fitness levels. The workout is structured at a moderate intensity and pace.

## 5 Exercise Circuit

**Time:** 30 seconds for each exercise continuous for 10 minutes

**Tip:** Take a break if you need, try to continue for as long as you can until you reach 10 minutes.

## Jog

Jog at a steady, comfortable pace. Land softly on the balls of your feet and swing arms naturally, breathe steadily.

**Tip:** Maintain a steady rhythm, stand tall with shoulders relaxed.



## Jump Squats

Stand, feet shoulder-width apart.  
Squat down.  
Jump up explosively.  
Land softly, return to squat.

**Tip:** Land softly with knees slightly bent and engage your core to protect your joints and maintain balance.



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## Reverse Lunges

Stand tall.  
Step back into a lunge.  
Lower until back knee hovers above floor.  
Push through front heel, return.  
Alternate legs.

**Tip:** Keep your body upright, core engaged, and step back far enough so both knees form about 90-degree angles, avoid letting the front knee go past your toes.



## Inch Worms

Stand tall, hinge forward.  
Walk hands to plank.  
Hold plank, core tight.  
Walk hands to feet, return to stand.

**Tip:** Keep your legs as straight as possible, move slowly and deliberately, engage your core to protect your lower back.



## Lateral Shuffle

Stand low with knees bent.  
Step sideways, bring in trailing foot.  
Keep chest up, shuffle quickly.  
Repeat side-to-side.

**Tip:** Stay low with knees slightly bent, keep your chest up, and push off each foot to move quickly without crossing your feet.

