

# 10 and Done

**A moderate workout for a intermediate fitness level**

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

## Power Walk/Light Jog

**Time:** 5 Minutes

Power walk or light jog which is faster than brisk walking.

**Tip:** Keep your posture tall and engage your core, short, quick steps help maintain a steady pace.



## High Knee March/Walk

**Time:** 3 Minutes  
30 seconds alternating  
each exercise

Set 1: For 30 seconds march in place lifting your knees to hip height.

Set 2: For 30 seconds walking at a steady pace.

**Tip:** Drive your knees up with your core engaged and keep your chest tall, slow, deliberate steps make the exercise more effective.



## Step Touch

**Time:** 2 Minutes

Stand with feet together, touch one foot to the side, bring back to the middle and touch the other foot to the other side, continue alternating.

**Tip:** Smooth steps, slightly bent knees, steady tempo.



## Alternating Punches

**Time:** 1 Minute

Punch one arm forward as it returns to the start, punch the other arm forward, repeating the motion.

**Tip:** Stand with your feet shoulder-width apart and a slight bend in your knees, keeping shoulders relaxed.



## Standing Hamstring Curl

**Time:** 1 Minute

Step side to side as you pull your heel toward your glutes, alternating legs.

**Tip:** Alternate kicking your heels back towards your glutes.



## Arm Circles

**Time:** 1 Minute

Extend your arms out to the sides and draw controlled circles

**Tip:** Keep shoulders relaxed and let the movement come from the shoulder joint, drawing dinner plate sized circles with finger tips.

