

# 10 and Done

A strength workout for an advanced fitness level

A 10-minute strength workout designed for advanced fitness levels.

Perform each exercise for 20 seconds, rest 10 seconds, and repeat for a total of 4 rounds.

## Burpees

Stand tall, feet shoulder-width apart.  
Squat down and place hands on the floor.  
Jump feet into a plank position.  
Lower chest to floor and push back up.  
Jump feet forward to hands.  
Explode up: Jump straight into the air, reaching arms overhead.



**Tip:** Land softly and keep your core tight to protect your knees and lower back.

## Jump Squats

Stand with feet shoulder-width apart, chest up.  
Lower hips back and down until thighs are parallel.  
Explosively push through heels and jump straight up.  
Land softly, then immediately go into the next jump squat.



**Tip:** Absorb impact with bent knees and keep core tight to protect joints and maximize power.

## High Knees

Stand tall, feet hip-width apart, arms at sides. Lift one knee toward your chest while pumping opposite arm. Alternate rapidly. Move legs and arms quickly as if running in place.

**Tip:** Land softly on the balls of your feet and keep your core engaged for better speed and stability.



## Mountain Climbers

Plank position on hands, body in a straight line. Bring one knee toward your chest, then quickly switch legs, alternating. Maintain a steady, fast pace like "running" in place.

**Tip:** Keep hips low and core tight to protect your lower back and maximize the workout.



## Push ups

Hands shoulder-width apart, body in a straight line from head to heels. Bend elbows, chest toward the floor. Push: and extend arms to return to start.

Alternative option is to perform push up on your knees.

**Tip:** Engage your core and avoid sagging hips for proper form and maximum effectiveness. Modify to knees if needed.

