

# 10 and Done

A strength workout for an intermediate fitness level

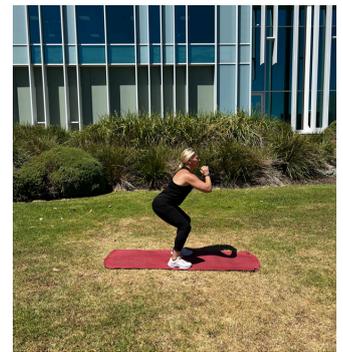
A 10-minute strength workout designed for intermediate fitness levels.

Perform each exercise for 50 seconds with 10 seconds rest and repeat for a total of 2 rounds.

## Bodyweight Squats

Stand feet shoulder-width, chest up.  
Sit back into hips, bend knees, lower until thighs parallel.  
Push through heels to stand.

**Tip:** Pretend to spread the floor with your feet to engage glutes and protect knees.

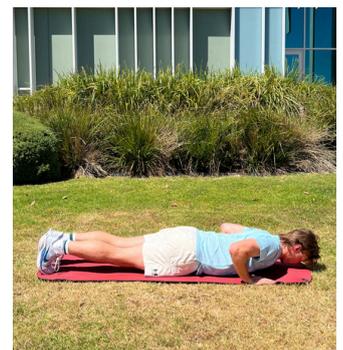


## Push ups Knees or toes

Hands shoulder-width apart, body in a straight line from head to knees.  
Bend elbows and bring chest toward the floor.  
Extend arms to return to start.

Alternative option is to perform push up on your knees.

**Tip:** Keep your core tight and avoid sagging hips for maximum effectiveness.



## Alternating Reverse Lunges

Stand tall, feet hip-width apart. Take a step backward with your right leg and lower your body until both knees are approximately 90°. Push through the front heel to stand. Step back with the left leg and repeat, alternating sides.

**Tip:** Keep your front knee over your ankle and torso upright to protect your knees and balance.



## Glute Bridges

Lie on your back, knees bent, feet flat on the floor hip-width apart, arms at sides. Press through your heels, squeeze glutes, and raise hips until shoulders–hips–knees form a straight line. Slowly lower hips back down.

**Tip:** Drive through your heels, squeeze your glutes at the top, and keep your ribs down to avoid arching your lower back.



## Plank on Forearms

Hold a straight line from head to heels on your forearms, bracing your core and keeping hips level on toes or knees.

**Tip:** Pull your belly button in, squeeze your glutes, and keep your body in a straight line.

