

10 and Done

A vigorous workout for advanced fitness level

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

4 Exercise Circuit

Time: 40 Seconds of exercise
Rest for 10 seconds
Move on to the next exercise and repeat this pattern
Complete 3 rounds of all the exercises

Tip: Think of each rest as a quick “reset” rather than a full recovery

Burpees

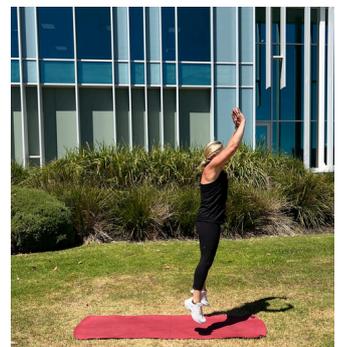
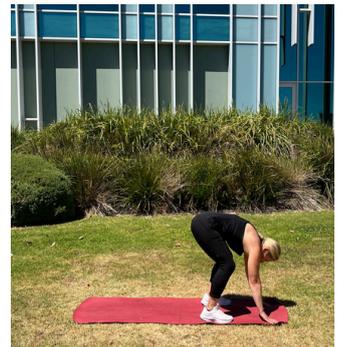
Start standing, feet shoulder-width apart, arms at sides.

Place hands on the floor in front of you. Jump your feet back into a plank position, keeping your core engaged.

Jump your feet back toward your hands.

Stand and explode into a jump, reaching arms overhead.

Land softly and go into the next rep.



Tip: Focus on smooth, controlled movements—keep your core tight and land softly during the jump to protect your joints.

High Knee Sprint

Stand tall, core engaged.
Drive knees up rapidly, alternate legs.
Pump arms, stay light on feet.
Sprint in place.

Tip: Keep your chest tall, pump your arms, and land lightly on the balls of your feet to maintain speed and reduce impact.



Mountain Climbers

Place your hands directly under your shoulders, arms straight, body in a straight line from head to heels, and core engaged.

Drive right knee to chest, then switch.

Alternate rapidly, keeping hips low and shoulders over hands.

Tip: Keep your hips level and your core tight, focus on smooth, controlled knee drives rather than letting your form bounce or sag.



Jump Squats

Stand, feet shoulder-width.
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.

