

10 and Done

A vigorous workout at a beginner fitness level

A 10-minute workout designed for anyone new to exercise or returning after a break. The workout is structured at a vigorous intensity and pace.

Brisk Walk Continuous Intervals

Time: 20 Seconds

Set 1: Walk at a fast, purposeful pace, focus on pumping the arms and lengthen your stride.

Time: 40 Seconds

Set 2: Walk at a relaxed pace to recover before repeating.

Tip: Chest up, arms driving, and keep your pace intentional during the brisk section

