

10 and Done

A vigorous workout for intermediate fitness level

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

5 Exercise Circuit

Time: 40 Seconds of exercise
Rest for 20 seconds
Move on to the next exercise and repeat this pattern
Complete 2 rounds of all the exercises

Tip: During the 40 second work periods, try your best to keep moving at a comfortable pace.

Jog on The Spot

Jog at a steady, comfortable pace. Land softly on the balls of your feet and swing arms naturally, breathe steadily.

Tip: Maintain a steady rhythm, stand tall with shoulders relaxed.



Step Touch Side to side

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

Tip: Smooth steps, soft knees, steady tempo.



Fast High Knees

Stay light on your feet, drive your knees toward hip height at a rapid pace, pump your arms.

Tip: Keeping your core tight helps you lift your knees higher and move faster without losing control.



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.



Body Weight Squats

Stand feet shoulder-width, chest up. Push hips back, bend knees, lower down. Keep weight on heels, knees over toes. Rise back up and repeat.

Tip: Keep your chest lifted, weight in your heels, and knees tracking over your toe. Go as low as your flexibility allows while maintaining good form.

