

10 and Done

A moderate workout for advanced fitness level

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

5 Exercise Circuit

Time: Complete 30 seconds of each of the 5 exercises, one after the other. Continue for 10 minutes.

Tip: Take a short break between exercises if you need.

Exercise 1: Jog

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.



Exercise 2: Jump Squats

Stand, feet shoulder-width apart.
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.



Exercise 3: Reverse Lunges

Stand tall.
Step back into a lunge.
Lower until back knee hovers above floor.
Push through front heel, return.
Alternate legs.

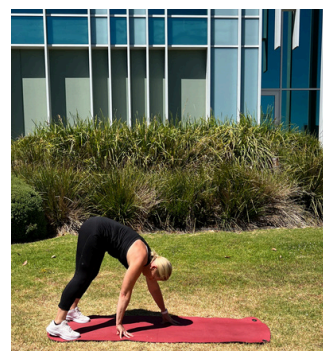
Tip: Keep your body upright, core engaged, and step back far enough so both knees form 90-degree angles. Avoid letting the front knee go past your toes.



Exercise 4: Inch Worms

Stand tall, hinge forward.
Walk hands to plank.
Hold plank, core tight.
Walk hands back to feet, return to stand.

Tip: Keep your legs as straight as possible, move slowly and deliberately, engage your core to protect your lower back.



Exercise 5: Lateral Shuffle

Stand low with knees bent.
Step sideways, bring in trailing foot.
Keep chest up, shuffle quickly.
Repeat side-to-side.

Tip: Stay low with knees slightly bent, keep your chest up, and push off each foot to move quickly without crossing your feet.

