

10 and Done

A moderate workout for intermediate fitness level

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

Power Walk/Light Jog

Time: 5 minutes

Power walk or light jog which is faster than brisk walking.

Tip: Keep your posture tall and engage your core, short, quick steps help maintain a steady pace.



High Knee March/Walk

Time: 3 minutes
30 seconds alternating
each exercise

Set 1: For 30 seconds march in place lifting your knees to hip height.

Set 2: For 30 seconds walking at a steady pace.

Tip: Drive your knees up with your core engaged and keep your chest tall, slow, deliberate steps make the exercise more effective.



Step Touch

Time: 2 minutes

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

Tip: Smooth steps, slightly bent knees, steady tempo.

