

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 exercise then 10 seconds rest
Move on to the next exercise and repeat this timing
Complete 3 rounds of all the exercises

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

Exercise 1: Burpees

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

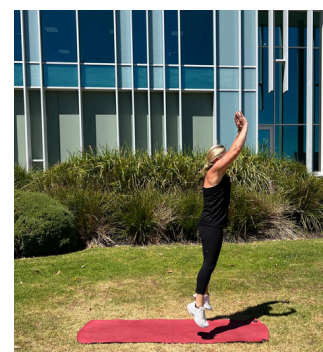
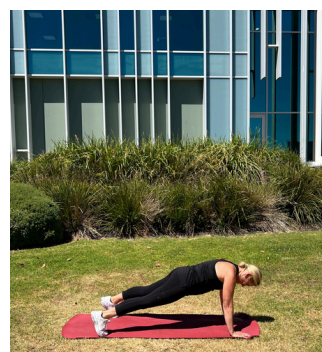
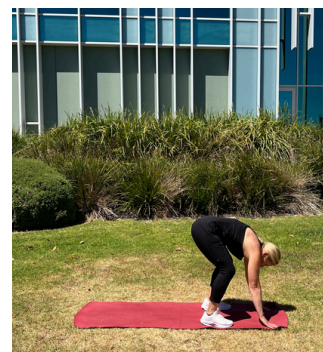
Place hands on the floor in front of you. Jump your feet back into a plank position, keeping your core engaged.

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.



Exercise 2: 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.



Exercise 3: 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.



Exercise 4: 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.

