

# 10 and Done

**A vigorous workout for 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:** 10 minutes

**Alternate between set 1 and set 2 continuously for 10 minutes**

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

**Set 2:** walk at a relaxed pace to recover before repeating set 1.

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

