

# 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 exercise then 20 seconds rest  
Move on to the next exercise and repeat this timing  
Complete 2 rounds of all the exercises

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

### Exercise 1: Jog on The Spot

Jog on the spot 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: Step Touch Side to side

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

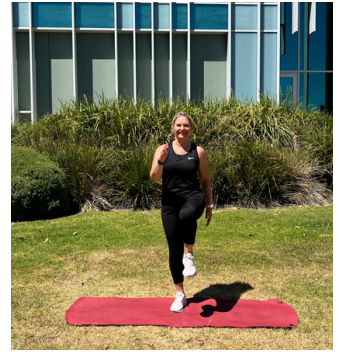
**Tip:** Smooth steps, soft knees, steady tempo.



## Exercise 3: 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.



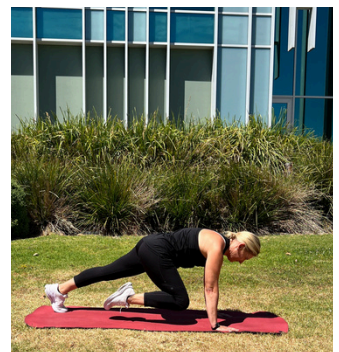
## Exercise 4: Mountain Climbers

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 5: Body Weight Squats

Stand feet shoulder-width apart, 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 toes. Go as low as your flexibility allows while maintaining good form.

