

the perfect 10

full body strength workout

For round 1, you'll do a series of 5 exercises (reps indicated below) as many times through as you can for 10 mins. Set a timer before you begin, and once 10 mins is up, take 2 mins to recover. Round 2 is identical to round 1, with the goal of being able to get a few more sets into the 10-minute interval. Round 3 is a bonus round where you'll do 1 minute all-out of each of the 5 exercises. As many (properly executed) reps is the goal.

round

1

As many rounds as possible in 10 mins:

- 100 skips with a skipping rope
- 10 burpees
- 10 curtsy lunge-to-squat (per side)
- 10 reverse lunge-to-knee-up (per side)
- 10 floor jack-to-pushup

..... **rest for 2 minutes**

round

2

Repeat round 1, aiming to get faster and squeeze in a few more sets than the first time.

..... **rest for 2 minutes**

round

3

As many reps as possible for 1 min each:

- skips with a skipping rope
- burpees
- curtsy lunge-to-squat (alternate sides)
- reverse lunge-to-knee-up (30s per side)
- floor jack-to-pushup

..... **cool down**

Total: 29 mins