

Workout 10

12 exercises 34 minutes 437 MOVES 234 kcal

1 - Free Exercise - Jumping jack



60 sec x 30 sec

2 - Free Exercise - High knees



60 sec x 30 sec

3 - Free Exercise - Lateral lunge with reach



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

4 - Free Exercise - Y - Squat



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

5 - Free Exercise - Plank



30 sec x 60 sec
30 sec x 60 sec
30 sec x 60 sec

6 - Free Exercise - Prone boat



30 sec x 60 sec
30 sec x 60 sec

7 - Free Exercise - Push-up - on knees



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

8 - Stretching - Ball - chest



Sets: 1
Duration: 30 sec
Rest time: 60 sec

9 - Stretching - Glutes - seated



Sets: 2
Duration: 30 sec
Rest time: 5 sec

30 seconds of stretch on each side as per picture.

10 - Stretching - Hamstrings - standing



Sets: 1
Duration: 30 sec
Rest time: 60 sec

11 - Stretching - Lower back - supine



Sets: 1
Duration: 30 sec
Rest time: 1 sec

Make sure the lower back is in touch with the mat

12 - Stretching - Calves



Sets: 2
Duration: 30 sec
Rest time: 5 sec

30 seconds of stretch on each side as per picture.