

10X10 Workout



A full body workout designed for days when you don't have much time. Ten different exercises performed for ten reps for when you need a quick workout.

- 1** **Jumping Jacks** 10 reps
- 2** **Squats** 10 reps
- 3** **Push-ups** 10 reps
- 4** **Bicycle Crunches** 10 reps
- 5** **Burpees** 10 reps
- 6** **Lunges** 10 reps
- 7** **Hip Bridges** 10 reps
- 8** **Mountain Climbers** 10 reps
- 9** **Triceps Dips** 10 reps
- 10** **Reverse Crunches** 10 reps

Contact your onsite Health Coach for more information:

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