



Affinity Coaching Solutions

Workout Routine

Required Tools: A clock or timer, heart and determination.

10-Min Kickboxing & Core	Exercise	Time (Secs)	Description
Cardio	March or Jog or Hi-Knee Run	60	March (for lower fitness levels) Jog (mid-level) Run (high-level) (or combination of either) in-place for 60 seconds. Knees high, arms pumping!
Cardio / Legs	1-2, 1-2, 1-2, Squat, Kick R, Squat, Kick L	30	Perform quickly to rapidly raise heart rate. (1=Left handed Jab & 2=Straight Right Punch)
Cardio / Legs	Squat, L & R Front Kicks / Squat, L& R Rear Kicks	30	Stand w/ legs shoulder-width apart & squat until thighs are parallel w/ the ground. Stand up and front kick R leg & then L leg. Squat and repeat w/ rear kicks (w/o bending legs). Repeat for 30 seconds.
Abs / Cardio	Bicycle Crunch Punches	60	Lay on back in "Bicycle Crunch" fashion, w/ hands in 1-2 punching position, punch left hand while tightening abs & raising right knee. Repeat w/ right hand & left knee. Repeat for 60 seconds.
Abs / Back / Hamstrings	Plank Kicks	30	Lay flat on stomach & raise onto elbows & toes w/ body straight like a board from the shoulders to the heels. Remain suspended for 30 seconds while kicking one leg after the other as when swimming.
Cardio or Recovery	March or Jog or Hi-Knee Run	30	
Cardio / Legs	1-2, 1-2, 1-2, Squat, Kick R, Squat, Kick L	30	
Cardio / Legs	Squat L & R Front Kicks / Squat L& R Rear Kicks	30	
Abs / Cardio	Bicycle Crunch Punches	60	
Abs / Back / Hamstrings	Plank Kicks	30	
Cardio or Recovery	March or Jog or Hi-Knee Run	30	
Cardio	1-2, 1-2, 1-2, Squat, Kick R, Squat, Kick L	30	
Cardio / Legs	Squat L & R Front Kicks / Squat L& R Rear Kicks	30	
Abs / Cardio	Bicycle Crunch Punches	60	
Abs / Back / Hamstrings	Plank Kicks	30	
Cardio or Recovery	March or Jog	30	

Notes: **10 Minutes to Complete**

This routine is designed to take ten minutes to complete. It's a short, fast-paced routine & the recoveries are built-in, so don't stop. Want a longer workout? Complete the entire routine a 2nd or 3rd time! Perform this routine early in the day to rev up your calorie-burning engine for the next few hours! And remember, you should always consult your physician before beginning this or any other new exercise routine! This is just a general guide and may not be suitable for everyone. If you have any doubt as to whether or not you can safely conduct this fitness routine, don't try it until you consult a fitness or medical professional! Good luck -