



Affinity Coaching Solutions

Free Workout Routine

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

| 10-Minute Cardio & Core | Exercise | Time (Secs) | Description |
|------------------------------------|----------------------|--------------------|--|
| Cardio | Jumping Jacks | 30 | Perform quickly to rapidly raise heart rate |
| Cardio / Legs | Squats w/ Heel Kicks | 60 | Stand w/ legs shoulder-width apart & squat until thighs are parallel w/ the ground. Stand up and kick right heel to your butt. Squat and repeat w/ the left heel. Repeat cycle for 60 seconds. |
| Abs | Bicycle Crunches | 30 | Lay on back in crunch position, hands behind head, bring right elbow to left knee while tightening abs. Repeat w/ left elbow to right knee. Repeat for 30 seconds. |
| Abs / Back | Plank | 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. |
| Cardio | March or Jog | 60 | March or Jog (or combination of both) in-place for 60 seconds. Lift knees high w/ each step. |
| Cardio | Jumping Jacks | 30 | |
| Cardio / Legs | Squats w/ Heel Kicks | 60 | |
| Abs | Bicycle Crunches | 30 | |
| Abs / Back | Plank | 30 | |
| Cardio | March or Jog | 60 | |
| Cardio | Jumping Jacks | 30 | |
| Cardio / Legs | Squats w/ Heel Kicks | 60 | |
| Abs | Bicycle Crunches | 30 | |
| Abs / Back | Plank | 30 | |
| Cardio | 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 time! Perform this routine early in the morning 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 -