

10 Minute Total Body Workout- No Equipment

Warm Up (2 minutes)

*30 seconds of each

1. High knees
2. Arms circles (forward and back)
3. Walk out planks
4. Jumping jacks

Workout

*40 seconds of work, 20 seconds of rest

1. Squats



2. Push ups



Modified Push up



3. Jumping jacks

4. Plank



5. Reverse alternating lunges



***Rest 1 minute**

***Complete 1 more time**