

10-MINUTE TOTAL BODY BLAST

MOVE	BEGINNER	INTERMEDIATE	ADVANCED
SPRINT	WORK: 1 minute REST: 1 minute	WORK: 1 minute REST: 30 seconds	WORK: 1 minute REST: 15 seconds
JUMPING JACK	WORK: 1 minute REST: 1 minute	WORK: 1 minute REST: 30 seconds	WORK: 1 minute REST: 15 seconds
SQUAT	WORK: 1 minute REST: 1 minute	WORK: 1 minute REST: 30 seconds	WORK: 1 minute REST: 15 seconds
THE MUMMY	WORK: 1 minute REST: 1 minute	WORK: 1 minute REST: 30 seconds	WORK: 1 minute REST: 15 seconds
SPRINTER SIT-UP	WORK: 1 minute REST: 1 minute	WORK: 1 minute REST: 30 seconds	WORK: 1 minute REST: 15 seconds
CROSS JACK	WORK: 1 minute REST: 1 minute	WORK: 1 minute REST: 30 seconds	WORK: 1 minute REST: 15 seconds
PUSH-UP	WORK: 1 minute REST: 1 minute	WORK: 1 minute REST: 30 seconds	WORK: 1 minute REST: 15 seconds
PIKE	WORK: 1 minute REST: 1 minute	WORK: 1 minute REST: 30 seconds	WORK: 1 minute REST: 15 seconds
TOTAL TIME	16 MINUTES	12 MINUTES	10 MINUTES