

10-MINUTE TRAINING:
7 QUICK WORKOUTS FOR EVERY DAY OF THE WEEK

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INSTRUCTIONS: These are circuit workouts, which means that you complete the circuit all of the way through, and then start over at the beginning. You will perform each exercise for 45 seconds, then rest for 15 seconds before moving onto the next exercise in the circuit. Complete each circuit 3 times for a total of 10 minutes per workout.

Note: If you are not sure how to perform one of the exercises, just click on the name of the exercise and it will take you to a video demonstration.

MONDAY: Cardio Workout 1

- Warm-Up: 1 minute marching in place
- Jump Rope (you can either use an actual jump rope, or just jump in place with an imaginary jump rope!) – 45 seconds, 15 seconds rest
- Squat Jumps – 45 seconds, 15 seconds rest
- Boxing (jab punches, upper cuts) – 45 seconds, 15 seconds rest
- Repeat circuit 3 times!

TUESDAY: Upper Body Strength Training Workout

- Warm-Up: 1 minute Jumping Jacks
- Bicep Curls – 45 seconds, 15 seconds rest
- Tricep Kickbacks – 45 seconds, 15 seconds rest
- Push-Ups – 45 seconds, 15 seconds rest
- Repeat circuit 3 times!

WEDNESDAY: Cardio Workout 2

- Warm-Up: 1 minute marching in place
- Mountain Climbers – 45 seconds, 15 seconds rest
- Speed Skaters – 45 seconds, 15 seconds rest
- High Knees – 45 seconds, 15 seconds rest
- Repeat circuit 3 times!

THURSDAY: Lower Body Strength Training Workout

- Warm-Up: 1 minute Jumping Jacks
- Sumo Squats – 45 seconds, 15 seconds rest
- Alternating Lunges (can hold dumbbells for added weight if desired) – 45 seconds, 15 seconds rest
- Side Lunges – 45 seconds, 15 seconds rest
- Repeat circuit 3 times!

FRIDAY: Cardio Workout 3

- Warm-Up: 1 minute marching in place
- Burpees – 45 seconds, 15 seconds rest
- Jog in Place – 45 seconds, 15 seconds rest
- Jumping Jacks – 45 seconds, 15 seconds rest
- Repeat circuit 3 times!

SATURDAY: Core Strength Training Workout

- Warm-Up: 1 minute jumping jacks
- Russian Twists – 45 seconds, 15 seconds rest
- Plank – 45 seconds, 15 seconds rest
- Bicycle Crunches – 45 seconds, 15 seconds rest
- Repeat circuit 3 times!

SUNDAY: Stretching/Active Recovery

- Warm-Up: 1 minute marching in place
- Downward Dog: hold for 45 seconds, rest 15 seconds
- Forward Folding Bend: hold 45 seconds, rest 15 seconds
- Cat and Cow: 45 seconds, rest 15 seconds
- Repeat circuit 3 times!