

The 10 Workout

10 times through: (modify by decreasing the number of sets)

10 push-ups- (Modify by elevating your upper body. Perform pushups on a chair, step or bench)

10 squats- sit back on your heels and squeeze your glutes as you stand up

10 sit ups- don't pull on your neck, eyes up to the ceiling, exhale as you come up. (modify by doing crunches)

10 burpees (modify by decreasing repetitions, eliminating the jump, or walk your feet back instead of hopping)

