

## THE 10 MINUTE WORKOUT

If you are just starting out with your exercise regime, do the exercises and repetitions indicated in **GREEN**. If you are already in a established fitness routine, do the exercise and reps in **BLUE**. Those that have a solid fitness foundation and are seasoned sport enthusiasts, to the **RED**

Start your session with Group A and work through the 5 exercises back to back. Repetitions decrease in increments of four with each set. Group B consists of 3 exercises, each done for 20 seconds consecutively. Take only 10 seconds rest in between each exercise. Repeat the entire circuit of Group B three times.

**Group A:** Equipment: Mat, chair, 3m space

Set 1 Set 2 Set 3 Set 4 Set 5

	Total Reps	Set 1	Set 2	Set 3	Set 4	Set 5
<b>Bridge Scissors</b>	Total Reps	20	16	12	8	4
<b>Body Weight Squats</b> or <b>Bulgarian Squats</b> or <b>Bulgarian Squat Jumps</b>	Per Leg					
<b>Seated Knee Ins</b>						
<b>Kneeling Push Ups</b> or <b>Push Ups</b> or <b>Explosive Push Ups</b>						
<b>3m Shuttle Runs</b>	Total reps					

**Group B:** Equipment: Matt

<b>Grasshoppers</b>	20 seconds work Take only 10 seconds rest between each exercise	Repeat x 3 rounds
<b>Bicycles: From Crunch</b> or <b>From Sit Up</b> or <b>Up Down</b>		
<b>Get Downs</b>		

**Base Fit Training Notes:** Training time: Group A: 5 mins. Group B: 5 minutes. Total 10 minutes. Exercises are a mix of concentrated abdominal exercises, explosive movements, stability components as well as include a cardio-vascular element. This session is designed to encourage control though your core chain, while stretching out your muscles though full range of movement. It is also designed to energise your system, and kick start your metabolism into fat burning mode.

<p><b>BRIDGE SCISSORS</b> (Lower back, isometric shoulders, glutes)</p> <p>Lie face down, then lift your torso off the ground by resting on the forearms and your toes only. Keep your back flat, in a straight line from head to heels. Lift one leg off the floor as high as possible while keeping your hips straight and both legs straight. Repeat with the other leg.</p>	
<p><b>BULGARIAN SQUATS</b> (Single Leg Squats) (Quads, Glutes, Stability)</p> <p><b>Bulgarian Squats:</b> Stand on one leg with the other resting on a bench/chair behind you. Squat down as low as you can keeping your weight in the heel of your standing leg. Make sure you stand as far away from the bench/chair as you can. <b>Bulgarian Squat Jumps:</b> Do the same movement at above, but when you straighten up out of the squat create enough momentum to jump off the floor. <b>Body Weights Squats:</b> Normal body weight squats require less balance and place less strain on your knees</p>	
<p><b>SEATED KNEE TUCKS</b> (Core, balance, hip flexors)</p> <p>Sit on the floor with your torso leaning backwards at a 45-degree angle. Bring the knees in toward your chest and lift your feet off the floor. Now extend your legs out in front of you, keeping them slightly elevated off the floor, while simultaneously leaning further back. Breathe out as you perform this movement. After a second pause, return back to the starting position as you inhale.</p>	
<p><b>PUSH-UPS:</b> (Chest, shoulders, core stability)</p> <p><b>Normal:</b> Place your hands on the floor so they're slightly outside shoulder-width apart, fingers pointed forward. Bend your elbows and lower your chest down toward the floor. The straighten your arms pushing your chest away from the floor, keeping your back straight at all times. <b>On Your Knees:</b> Do the same action as above but on your knees as opposed to your toes. <b>Explosive Push Ups:</b> As you push upwards, use more force and propel yourself off the floor with enough momentum to lift your hands off the floor.</p>	
<p><b>SHUTTLE RUNS</b> (Cardio-vascular, explosiveness, legs)</p> <p>Mark out a 3m distance. At point A, touch the ground with your right hand while in a lateral lunge with your right leg. Then sprint the 3m distance to point B. At point B touch the ground with your left hand, while in a lateral lunge with your left leg. It is important to touch the ground at each point with alternating hands and pushing off with alternating legs.</p>	
<p><b>MOUNTAIN CLIMBERS</b> (Isometric shoulders, core, cardio-vascular)</p> <p>Place your hands on the floor, feet extended out behind you. Bring your right foot underneath you, leaving your left foot extend out behind you. Now in rapid and explosive succession and alternate your feet back and forth you, switching positions.</p>	
<p><b>BICYCLES</b> (Core, stability, coordination)</p> <p><b>From Crunch:</b> Lying on your back in the crunch position, bring your left elbow and your right knee together across your body. Your right elbow is back towards the floor and your left leg is outstretch just over floor; Now switch to bring your right elbow to your left knee, while stretching out your right leg and left elbow. <b>From Sit Up:</b> Do the same action as above, left knee to right elbow, then switch, but from a sit up position. <b>Up Down Bicycles:</b> Do two cycle actions from the crunch position then do a sit up and repeat two cycle actions. Keep moving between the crunch and the sit up every two cycle actions.</p>	
<p><b>GET DOWNS</b> (Legs, core, explosiveness)</p> <p>From standing squat down and touch the floor in front of you. Supporting your body with your outstretched arms, jump your legs straight out behind you so your body is straight, resting on outstretched arms. Now jump your legs back underneath you so you are now back in a low squat with your hands still on the floor. Stand up and repeat.</p>	