



FAT BURN WORKOUT



We know exercise is good for us. Yet, for most of us, finding the time is a constant struggle. A full-time job, plus a family, and life outside of that leaves little room left to hit the gym.

Surprisingly, you don't need to spend hours in the gym to reach your fat loss goals. High-intensity interval training (HIIT), workouts are taking the fitness world by storm. HIIT workouts can give you a full body workout in just 10 minutes a day.

IS THE 10-MINUTE WORKOUT FOR YOU? >>>

Anyone can do this workout. It includes beginner and advanced exercise variations to fit different fitness levels. Check with your family doctor before starting any workout program. Always start slow and gradually increase your intensity.



10 MINUTE

HOW DOES IT WORK? >>>

Fat loss comes down to burning more calories than you consume. HIIT workouts rev up your metabolism and help your body blast fast. Scientists have even noted molecular changes in certain cells that increase your calorie burn hours after your workout.

However, for major fat loss, you may need to adjust your diet or spend more time exercising. You can even take this 10-minute workout and turn it into 3 rounds for a 30-minute session.

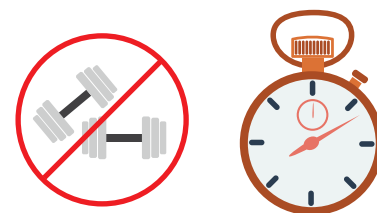
Start with just 10 minutes and see where it takes you!



10 MINUTE

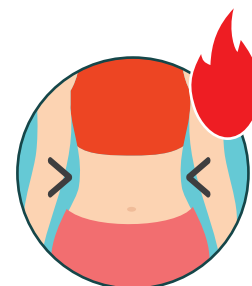
WHAT YOU'LL NEED >>>

No equipment is necessary. You just need 10 quick minutes and enough space to perform each move. A timer or clock may also prove beneficial since we work each exercise for 1 full minute.



YOUR 10-MINUTE FAT BURN WORKOUT >>>

HIIT workouts alternate between 1 minute of low-intensity and 1 minute of high-intensity. During the 1 minute of high-intensity, you want to give 110%. This drives fat burn - even hours after your workout. In our 10-Minute Fat Burn Workout, we start with a high-intensity exercise to quickly warm-up the body. This is a full-body workout. Now, let's get moving!



1. HIGH KNEES



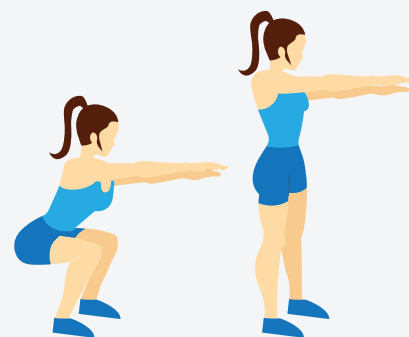
Begin standing tall, with your feet hip-width apart. Run on the spot, while bringing the knees up to waist height.

2. MONSTER WALK



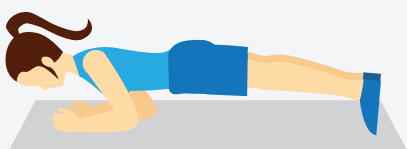
Squat down. Remaining in a squat position, step one foot forward, then the next. Perform 4 steps forward and then, 4 steps back. Stay low and keep your chest up for this one (engage that core!).

3. SUMO SQUAT JUMP



Begin standing with your feet wider than hip-width apart. Point your toes outward. Lower your buttocks back down into a squat then, jump up.

4. PLANK HOLD



Position yourself in a full plank. Your hands should be directly under your shoulders. Your heels should be intending toward the back of the room. Your body should form a straight line from your head to your heels. Squeeze your core and your buttocks. Hold this position. For an easier variation, drop your knees to the floor. For a harder variation, raise one arm, one leg, or both.

5. INCHWORM



Stand tall and lower your hands to the floor in front of you. Engage your core and try to keep your legs as straight as possible (but bend them if necessary). At the same time, walk your hands out until you assume a full plank position. Walk your hands back, stand back up tall, and repeat.

6. BURPEE



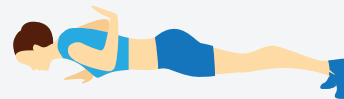
Begin standing tall. Jump straight up then, drop to a full plank. Perform one push-up (any variation), then jump back up to standing and repeat.

7. TUCK JUMP



Start with your feet hip-width apart. Slightly bend your knees, lower down into a partial squat, and jump up, bringing your knees in toward your body (this is the “tuck” part). Repeat for the full minute.

8. SPIDER PUSH-UP



Begin in a full plank (or from the knees). Lower down into a push-up, and at the same time, bring one knee up and out to touch or almost touch your elbow. Push back up, sending your leg back, and repeat for the opposite side.

9. SKATER JUMP



Stand tall. Jump your right foot out to the right side. Bend your right knee and cross your left leg behind your right leg. Touch your left foot to the floor. As you uncross your left leg, jump to the left side, landing on your left foot. Cross your right leg behind. Touch your right foot to the floor, and repeat.

10. SUPERMAN



Lie facedown on a comfortable surface. Extend your arms straight in front of you. Slowly lift your arms off the ground. At the same time, squeeze your buttocks and lift your legs off the ground. Hold for a count of 2. Slowly lower and repeat. If lifting both your arms and legs is difficult, lift the opposite arm and leg, and alternate sides.

YOU MADE IT!

If you have the time now or later, do a quick stretch or cool down. You can even stretch out while spending time with the family or in between meetings. Remember to drink plenty of water to stay hydrated.