



10

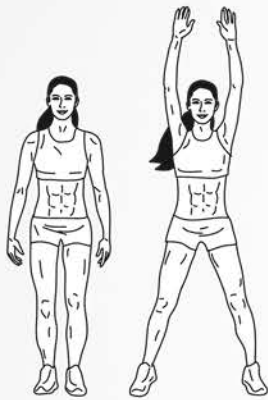
10 MINUTES A DAY

10

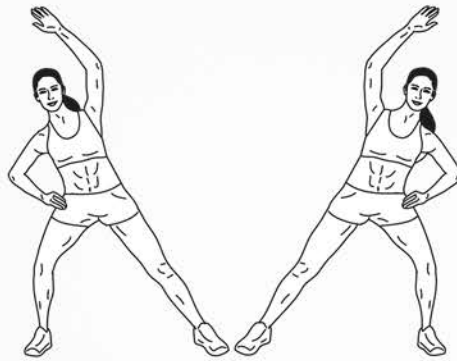
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Day 1

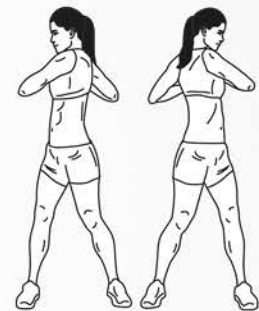
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



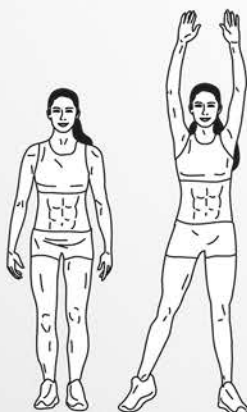
10 jumping jacks



10 side jacks



10 torso twists



10 step jacks



10 side leg raises



10 knee to elbows



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Day 2

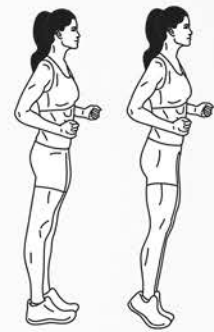
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



10 march steps



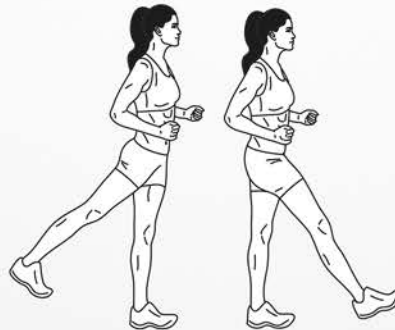
10 reverse lunges



10 calf raises



10 butt kicks



10 leg swings



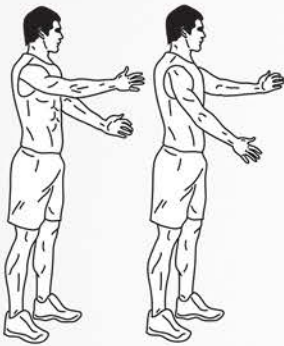
10 high squats

10

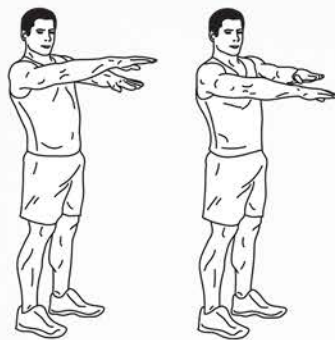
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Day 3

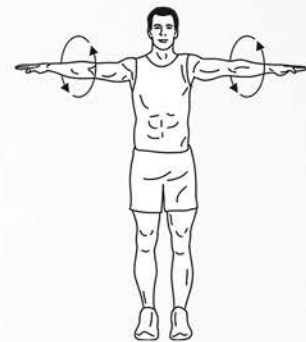
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



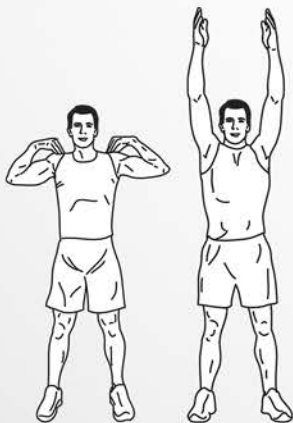
10 scissor chops



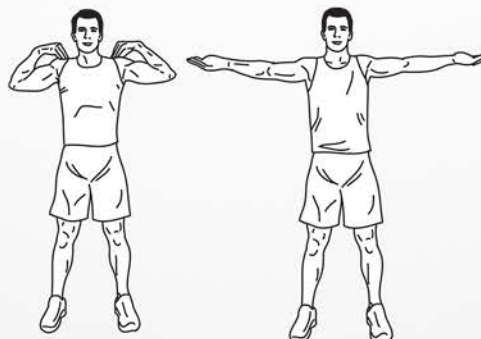
10 arm scissors



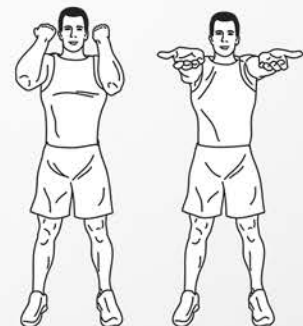
10 arm circles



10 shoulder taps



10 side shoulder taps



10 bicep extensions



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Day 4

Set a timer for 10 minutes.
Repeat the circuit until the time is up.



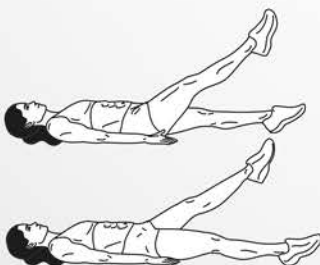
10 crunches



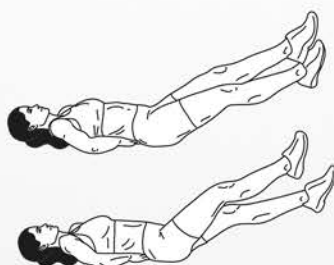
10 reverse crunches



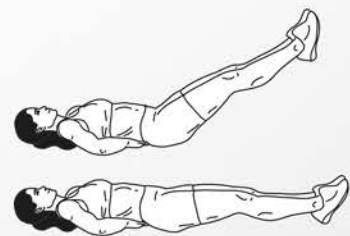
10 sitting twists



10 flutter kicks



10 scissors



10 leg raises

10

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Day 5

Set a timer for 10 minutes.
Repeat the circuit until the time is up.
Change legs with each circuit.



10 side leg raises



10 leg swings



10 kicks



10 leg raises



10 side-to-side leg swings



10 leg circles



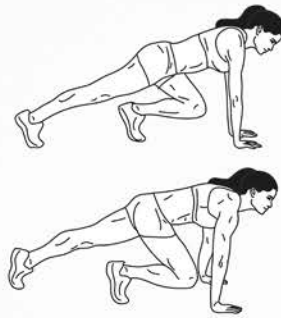
© darebee.com

Day 6

Set a timer for 10 minutes.
Repeat the circuit until the time is up.



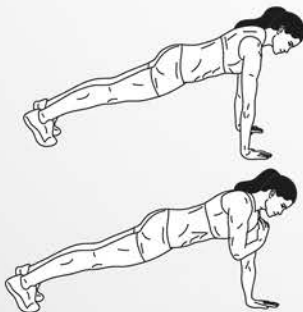
10 high knees



10 climbers



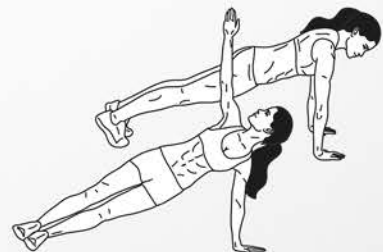
10 march steps



10 shoulder taps



10 butt kicks



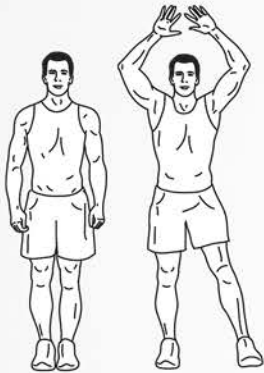
10 plank rotations

10

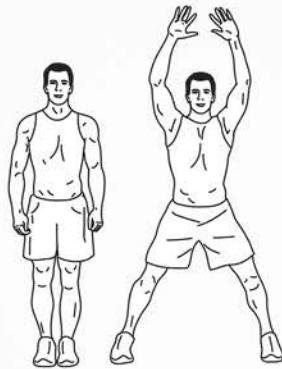
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Day 7

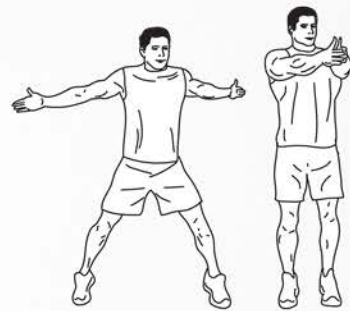
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



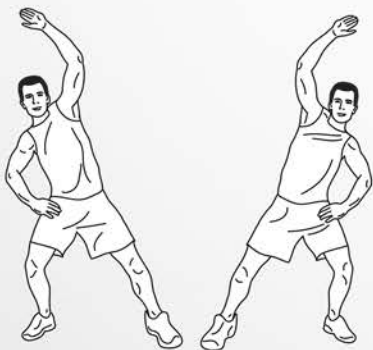
10 step jacks



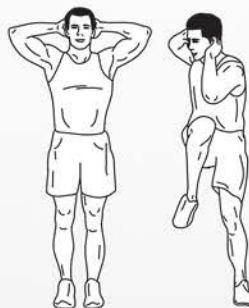
10 jumping jacks



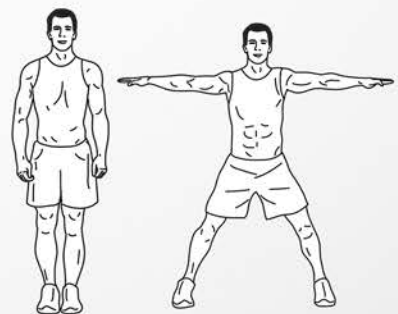
10 seal jacks



10 side jacks



10 knee-to-elbows



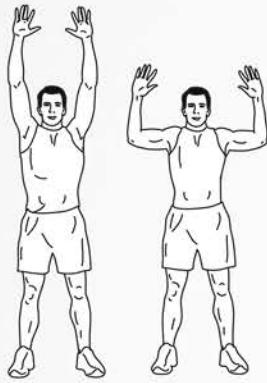
10 jumping Ts



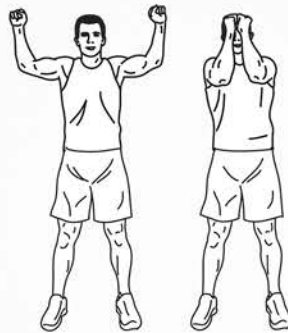
darebee.com

Day 8

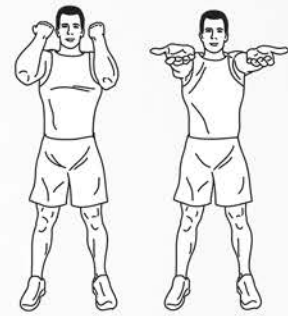
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



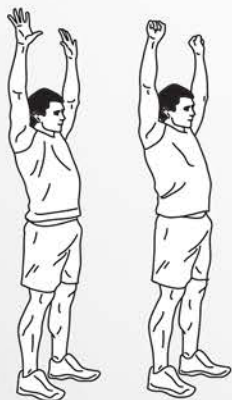
10 W-extensions



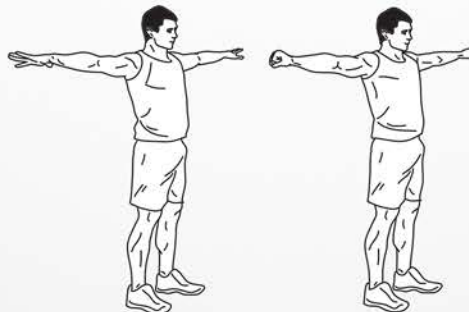
10 elbow clicks



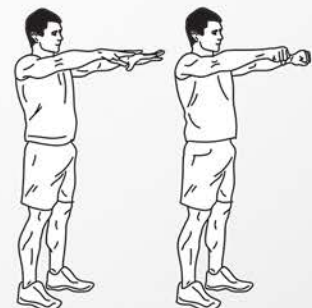
10 bicep extensions



10 clench/unclench
arms overhead



10 clench/unclench
arms to the side



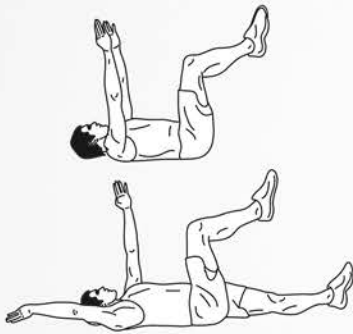
10 clench/unclench
arms forward

10

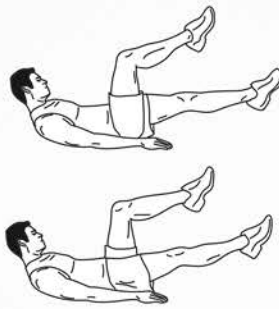
© darebee.com

Day 9

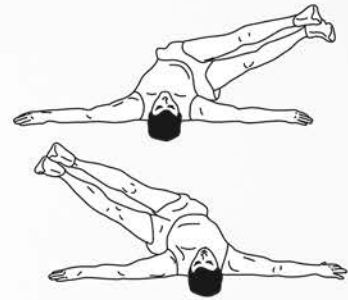
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



10 dead bug



10 cycling crunches



10 windshield wipers



10 knee-in & twist



10 raised leg circles



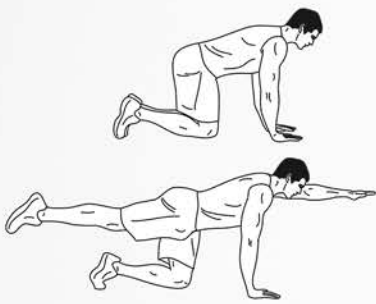
10 heel taps

10

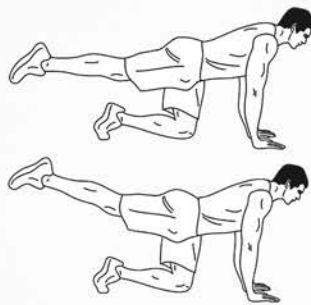
© darebee.com

Day 10

Set a timer for 10 minutes.
Repeat the circuit until the time is up.
Change legs with each circuit.



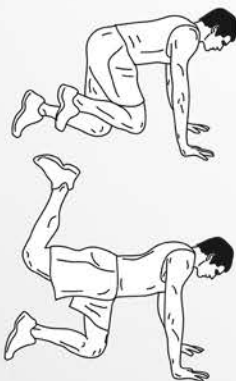
10 alt arm/leg raises



10 leg swings



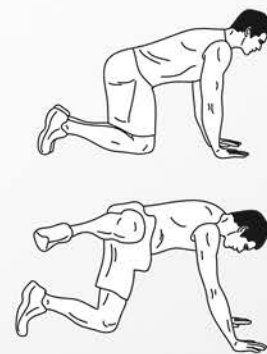
10 knee-in & extend



10 leg extensions



10 up & down pulse



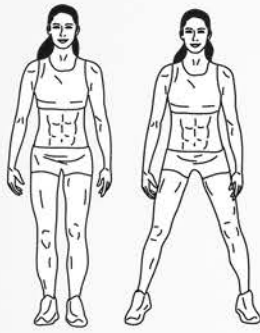
10 side leg extensions

10

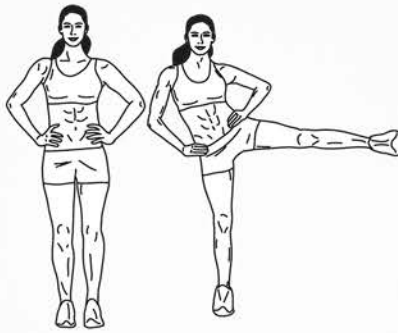
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Day 11

Set a timer for 10 minutes.
Repeat the circuit until the time is up.



10 half jacks



10 side leg raises



10 knee-to-elbows



10 high knees



10 butt kicks



10 march steps

10

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Day 12

Set a timer for 10 minutes.
Repeat the circuit until the time is up.



10 goblet squats



10 squat calf raises



10 squat side bends



10 side lunges



10 reverse lunges



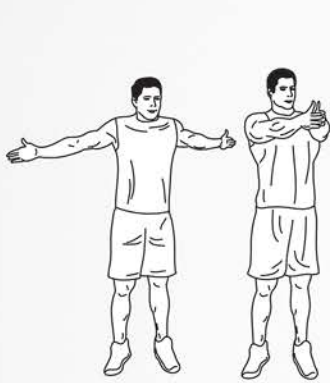
10 leg swings



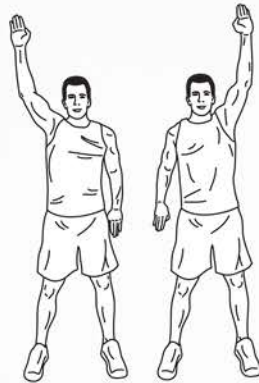
© darebee.com

Day 13

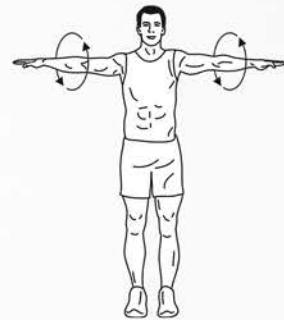
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



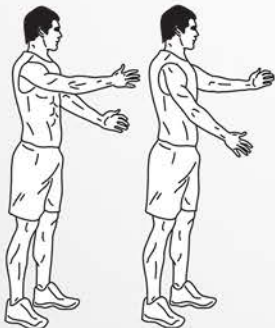
10 chest expansions



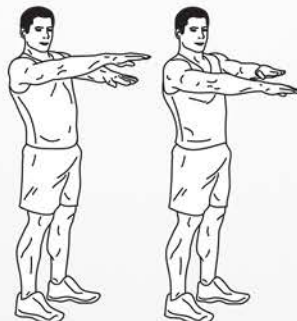
10 alt chest expansions



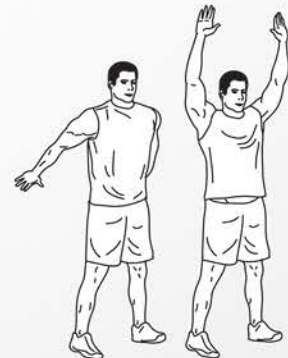
10 arm circles



10 scissor chops



10 arm scissors



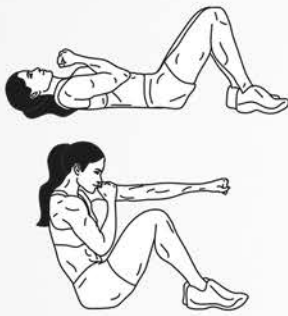
10 wide arm circles

10

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Day 14

Set a timer for 10 minutes.
Repeat the circuit until the time is up.



10 sit-up punches



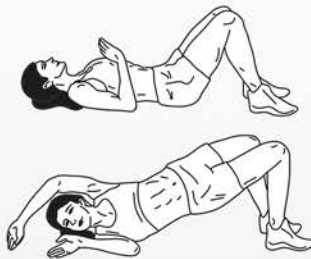
10 sitting punches



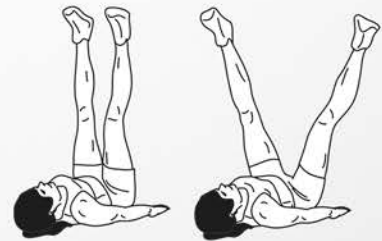
10 reverse crunches



10 bridges



10 bridge taps



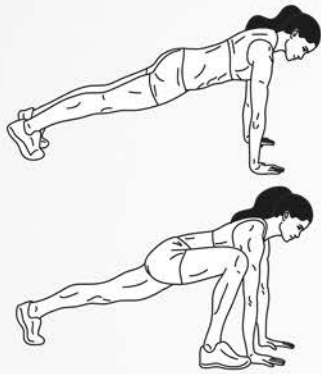
10 V-extensions

10

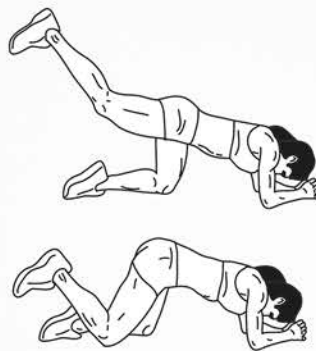
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Day 15

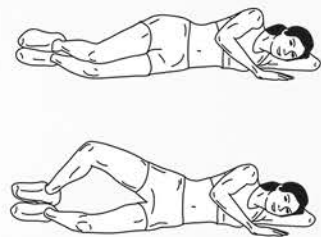
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



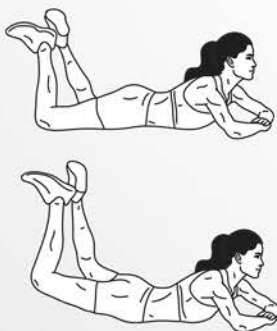
10 plank into lunge



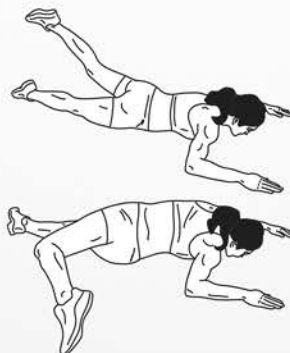
10 back kicks



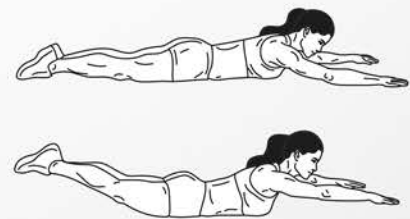
10 clamshells



10 glute flex



10 scorpion twists



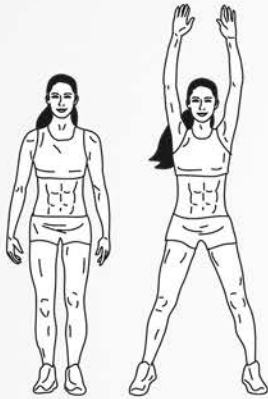
10 superman stretches



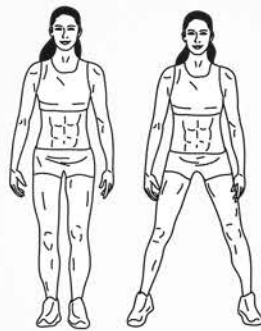
© darebee.com

Day 16

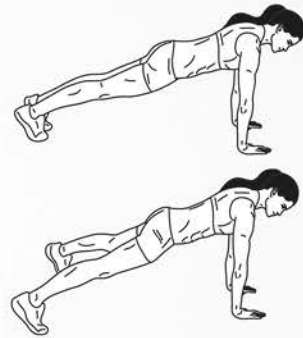
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



10 jumping jacks



10 half jacks



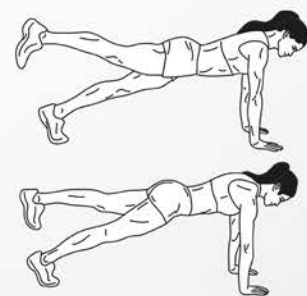
10 plank jacks



10 high knees



10 butt kicks



10 plank leg raises



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Day 17

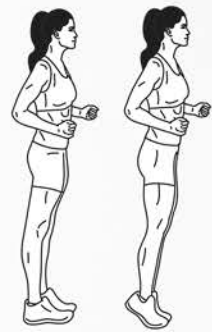
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



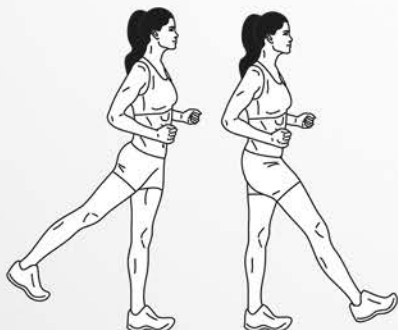
10 lunge step-ups



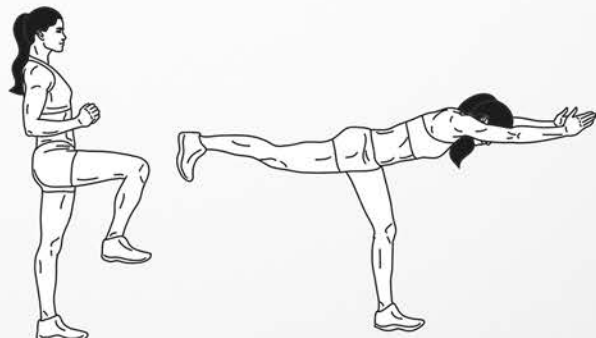
10 march steps



10 calf raises



10 leg swings



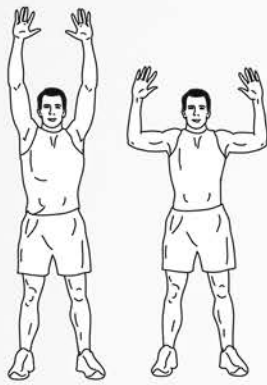
10 single leg deadlifts



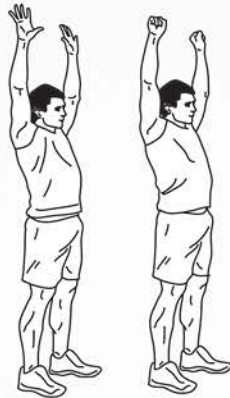
© darebee.com

Day 18

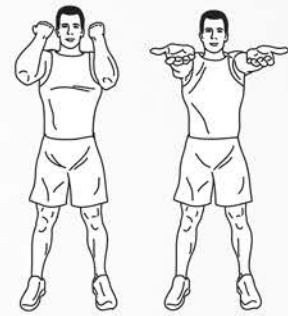
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



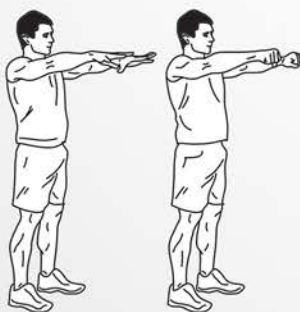
10 W-extensions



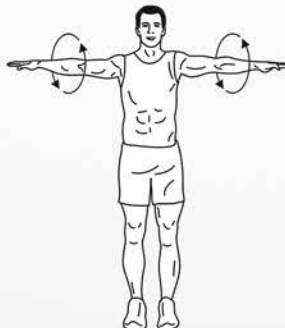
10 clench / unclench
arms overhead



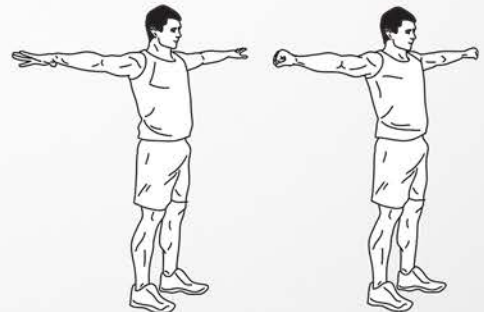
10 bicep extensions



10 clench/unclench
arms forward



10 arm circles



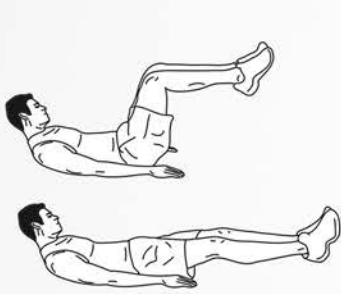
10 clench/unclench
arms to the side

10

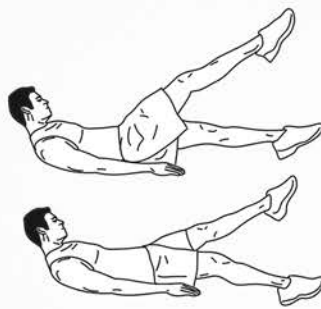
© darebee.com

Day 19

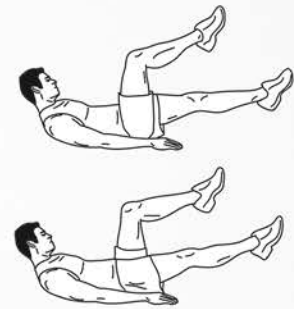
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



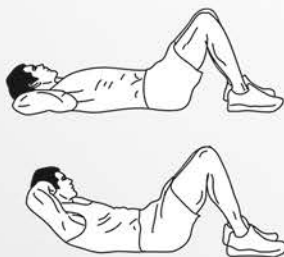
10 crunch kicks



10 flutter kicks



10 cycling crunches



10 crunches



10 cross crunches



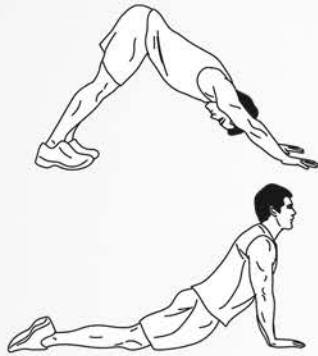
10 heel taps



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Day 20

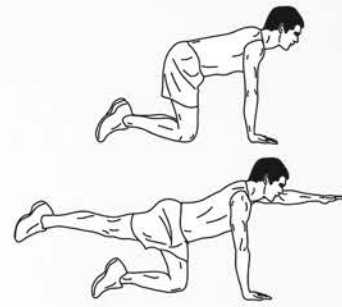
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



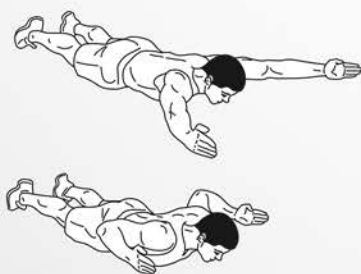
10 upward downward dog



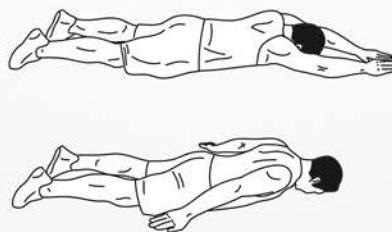
10 stretches



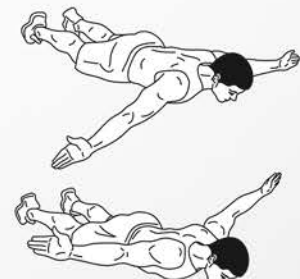
10 alt arm/leg raises



10 W-extensions



10 reverse angels



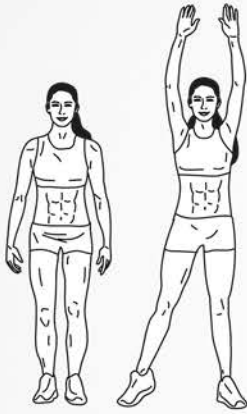
10 prone reverse fly

10

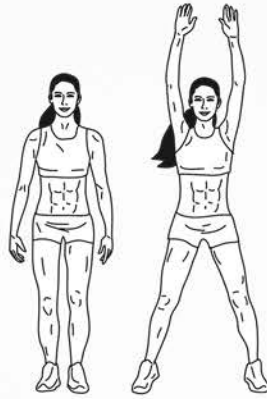
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Day 21

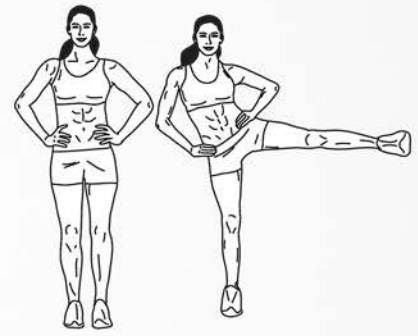
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



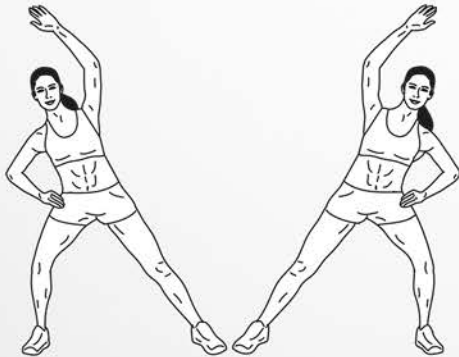
10 step jacks



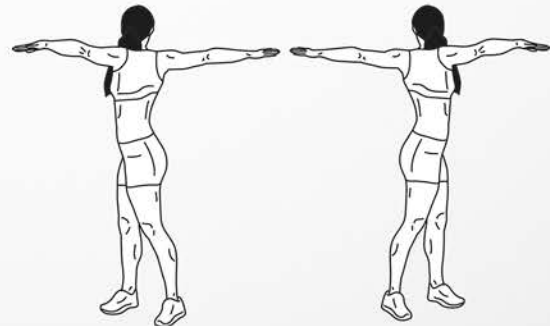
10 jumping jacks



10 side leg raises



10 side jacks



10 raised arm rotations



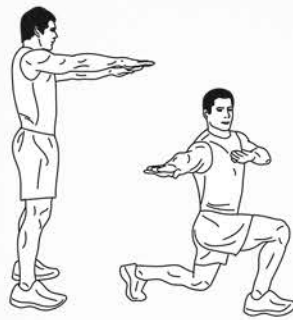
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Day 22

Set a timer for 10 minutes.
Repeat the circuit until the time is up.



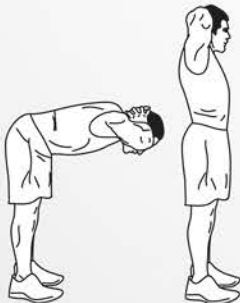
10 squats



10 lunges with twists



10 calf raises



10 forward bends



10 leg swings



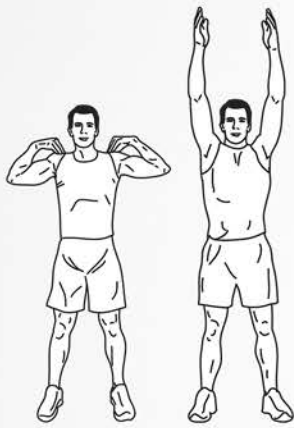
10 hip rotations



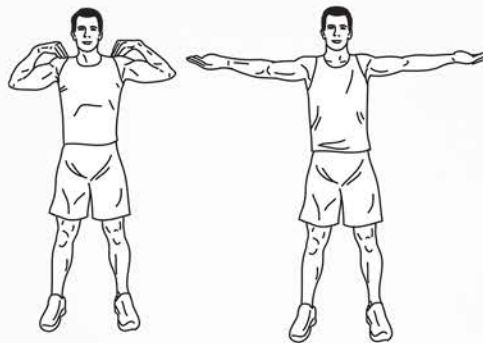
© darebee.com

Day 23

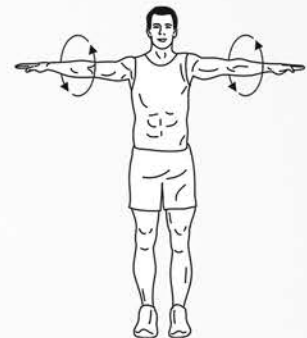
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



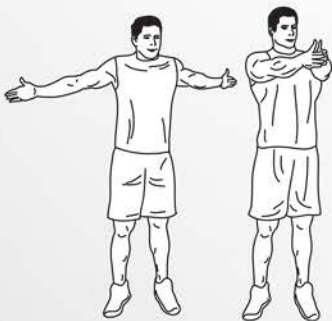
10 shoulder taps



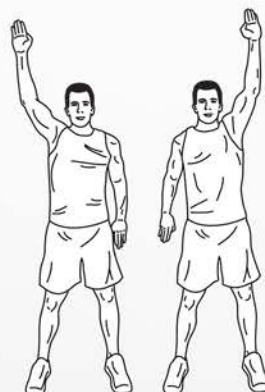
10 side shoulder taps



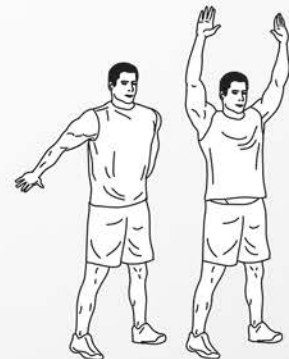
10 arm circles



10 chest expansions



10 alt chest expansions



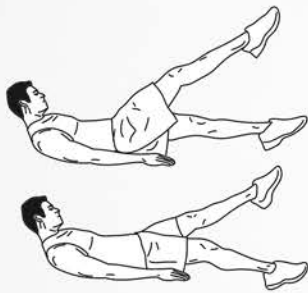
10 wide arm circles

10

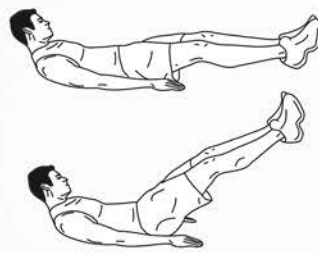
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Day 24

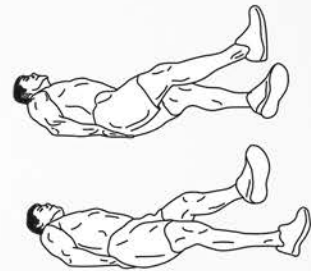
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



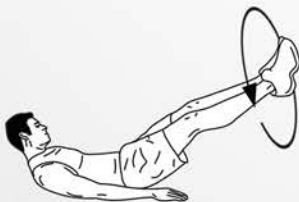
10 flutter kicks



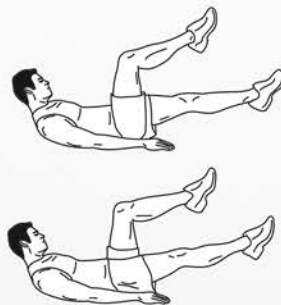
10 leg raises



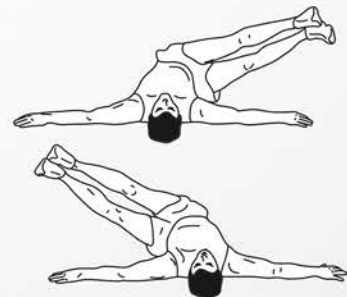
10 scissors



10 leg circles



10 cycling crunches



10 windshield wipers

10

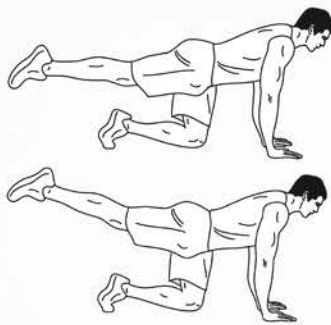
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Day 25

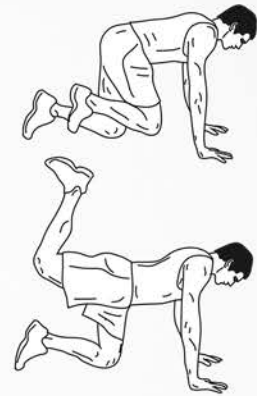
Set a timer for 10 minutes.
Repeat the circuit until the time is up.
Change legs with each circuit.



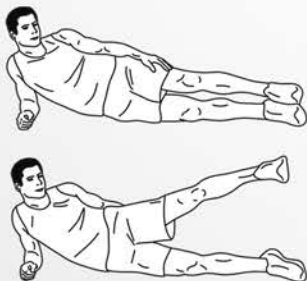
10 knee-in & extend



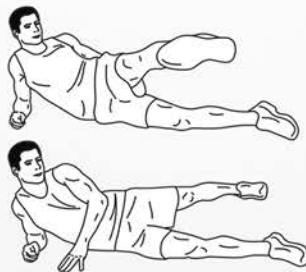
10 leg swings



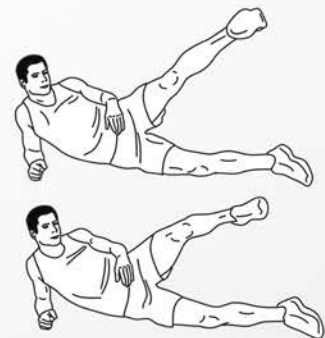
10 leg extensions



10 side leg raises



10 leg swings



10 kicks



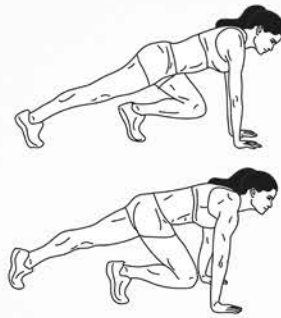
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Day 26

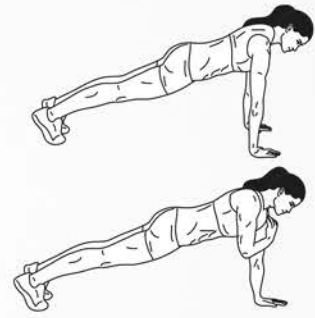
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



10 high knees



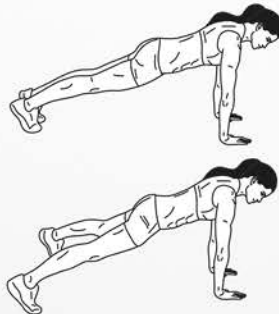
10 climbers



10 shoulder taps



10 butt kicks



10 plank kicks



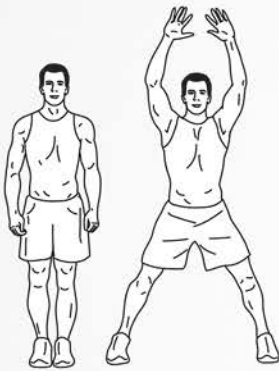
10 plank rotations

10

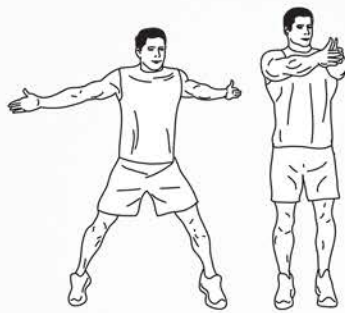
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Day 27

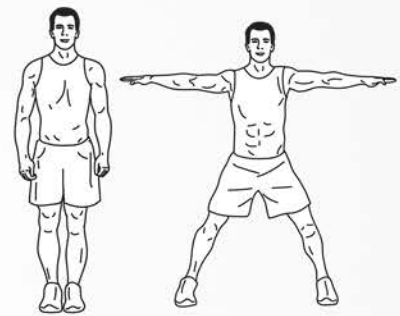
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



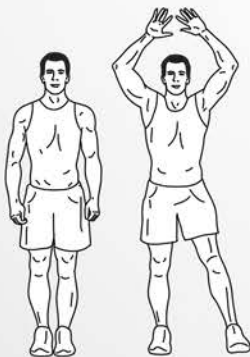
10 jumping jacks



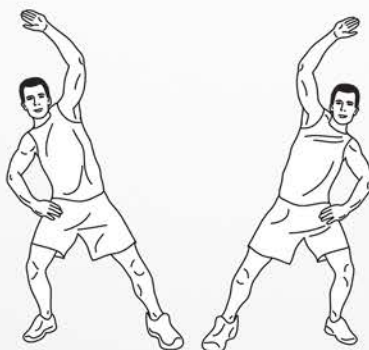
10 seal jacks



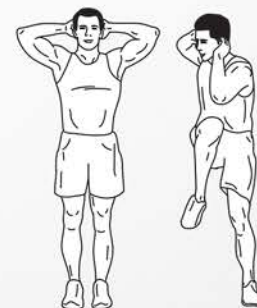
10 jumping Ts



10 step jacks



10 side jacks



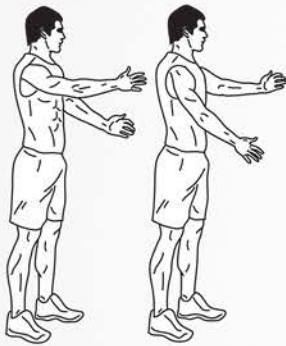
10 knee-to-elbow

10

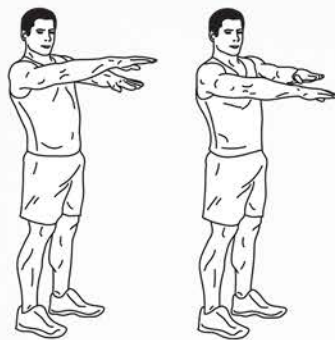
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Day 28

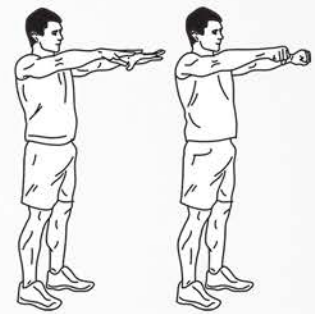
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



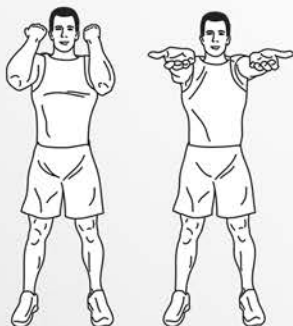
10 scissor chops



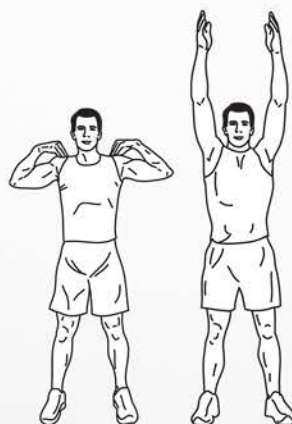
10 arm scissors



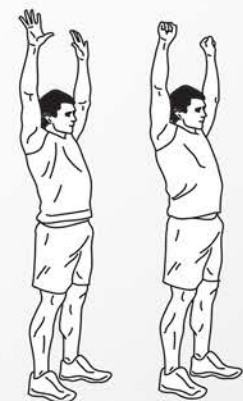
10 clench/unclench
arms forward



10 bicep extensions



10 shoulder taps



10 clench/unclench
arms overhead

10

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Day 29

Set a timer for 10 minutes.
Repeat the circuit until the time is up.



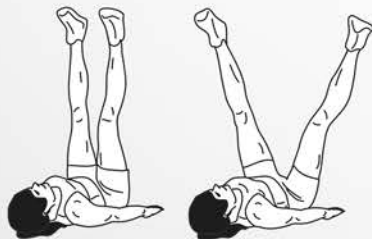
10 bridges



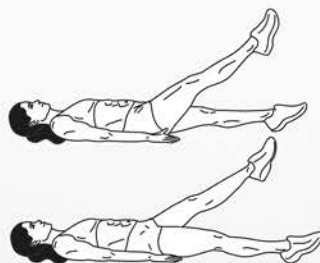
10 crunches



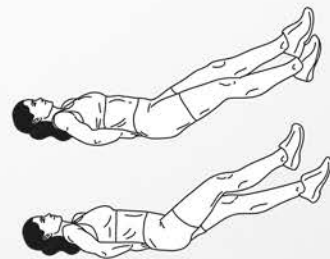
10 reverse crunches



10 V-extensions



10 flutter kicks



10 scissors

10

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Day 30

Set a timer for 10 minutes.
Repeat the circuit until the time is up.



10 upward downward dog



10 glute flex



10 scorpion twists



10 superman stretches



10 side leg raises



10 clamshells



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