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# 10-MINUTE WORKOUT IDEAS

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Congrats on getting started towards Limitless health and fitness. I'm guessing you just opened this document up either because you're starting week #1 of your healthy habits, or you're looking for a quick workout while traveling, at home or just because you're in a pinch.

In the following pages, you'll find ten different workouts that can be completed in ten minutes. Each workout was designed so that any person of any fitness level could get in a great workout just about anywhere. Some of the suggestions may require equipment, but a good pair of dumbbells (or adjustable ones) should cover you.

All of the workouts are 10-minute AMRAP's. What this means is that you are to perform as many rounds/reps as possible in ten minutes (AMRAP) of the following circuit of exercises.

**For example:** The first workout asks that you complete as many rounds/reps as possible in ten minutes of 20 walking lunges, 10 push-ups, and 10 inverted rows.

You would use a stopwatch, timer, or your phone and set the limit to ten minutes. Once you start the clock, your goal is to finish as many circuits as possible in that time frame.



## Modifying workouts

You can easily modify workouts if you find them to be either too easy or too hard.

### Too Hard:

- ✦ Make the workout a bit shorter (ie: 7 minutes, or 5 minutes).
- ✦ Use exercise substitutions like knee push-ups instead of regular push-ups.
- ✦ Decrease the reps that you are doing for given exercises.
- ✦ Take rest if you really feel like you need it.

### Too Easy:

- ✦ Increase the length a little (ie: 12 minutes).
- ✦ Use exercise substitutions like explosive push-ups instead of regular.
- ✦ Increase the reps slightly.
- ✦ Add some weight by including dumbbells, weight vest, etc.

Just remember to be aware of your current fitness level, and always remember to never sacrifice good form for performance. It's hard to get healthier if you can't move because of injuries.



## Workout #1: 10-MINUTE AMRAP

- ✦ 20 walking lunges
- ✦ 10 push-ups (incline push-up, wall push-up, explosive or clapping push-ups)
- ✦ 10 inverted rows

## Workout #2: 10-Minute AMRAP

- ✦ 30 squats
- ✦ 20 situps
- ✦ 10 overhead presses (you can use paint cans, milk jugs, rocks, water bottles, etc.)
- ✦ 5 box jumps (use bench, stairs, etc.)

## Workout #3: 10-Minute AMRAP

- ✦ Run 100 meters (estimate is ok or just use a certain marker outside like a stop sign)
- ✦ 10 burpees
- ✦ Back peddle 100 meters
- ✦ 10 inverted rows (or DB plank rows)

[VIEW VIDEO DEMONSTRATIONS OF VARIOUS EXERCISES HERE.](#)



## Workout #4: 10-Minute AMRAP

- ✦ 20 jump lunges
- ✦ 10 push-ups (incline push-up, wall push-up, explosive or clapping push-ups)
- ✦ 50 mountain climbers
- ✦ 10 pull-ups (or inverted rows, db rows, assisted pull-ups, band rows, etc.)
- ✦ 20 v-ups

## Workout #5: 10-Minute AMRAP

- ✦ 15 hip raises/per leg
- ✦ 15 thrusters (or you can use dumbbells)
- ✦ 50 jumping jacks
- ✦ 15 broad jumps
- ✦ 15 grasshoppers/per side (30 total)

## Workout #6: 10-Minute AMRAP

- ✦ 5 pull-ups (or inverted rows, assisted pull-ups, band rows, etc...)
- ✦ 10 push-ups (incline push-up, wall push-up, explosive or clapping push-ups)
- ✦ 15 squats

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## Workout #7: 10-Minute AMRAP

- ✦ 100-meter run
- ✦ 10 push-ups (incline push-up, wall push-up, explosive or clapping push-ups)
- ✦ 100-meter run
- ✦ 10 pull-ups (or inverted rows, db rows, assisted pull-ups, band rows, etc.)
- ✦ 100-meter run
- ✦ 10 v-ups
- ✦ 100 meter run
- ✦ 10 squats

## Workout #8: 10-Minute AMRAP

- ✦ 10 kettlebell swings (or dumbbell)
- ✦ 10 box jumps (bench, stairs, etc.)
- ✦ 10 overhead presses
- ✦ 50 double-unders or 150 single jump ropes

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## Workout #9: 10-Minute AMRAP

- ✦ 1 bear crawl (25-50 meters)
- ✦ 10 burpees
- ✦ 1 bear crawl (25-50 meters)
- ✦ 10 broad jumps
- ✦ 1 bear crawl
- ✦ 10 pull-ups (or inverted rows, db rows, assisted pull-ups, band rows)

## Workout #10: 10-Minute AMRAP

- ✦ 100-meter run
- ✦ 1 push-up (incline push-up, wall push-up, explosive or clapping push-up)
- ✦ 1 pull-up (or inverted row, db row, assisted pull-up, band row, etc.)
- ✦ 1 squat
- ✦ 100-meter run
- ✦ 2 push-ups
- ✦ 2 pull-ups
- ✦ 2 squats
- ✦ 100-meter run
- ✦ 3 push-ups
- ✦ 3 pull-ups
- ✦ 3 squats
- ✦ 100-meter run

Keep adding 1 rep to pushups, pull-ups, and squats and see how high you can get in 10 minutes!

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