

# 10 x 10 Workout



**Directions:** Complete the workout in order as many times as you can in 30 minutes. Check off each round as you complete it, grab a sip of water and start the next round. Keeping track of where you end allows you to set a goal to improve next time!

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- 10 jumping jacks
  - 10 bicycles (10 per leg)
  - 10 squats
  - 10 knee grab sit-ups
  - 10 Forward Lunges (5 per leg)
  - 10 leg lifts
  - 10 Reverse lunges (5 per leg)
  - 10 scissors toe touches (10 per leg)
  - 10 push-ups
  - 10 burpees [Link to timer](#)
- Round 1
  - Round 2
  - Round 3
  - Round 4
  - Round 5
  - Round 6
  - Round 7
  - Round 8
  - Round 9
  - Round 10