**Workouts**

**Warm up**

* March on spot for 3 minutes
  + Start off marching on the spot and then march forwards and backwards. Pump your arms up and down in rhythm with your steps, keeping the elbows bent and the fists soft.
* Shoulder rolls 4x10, 2 forward, 2 back
  + For shoulder rolls, keep marching on the spot. Roll your shoulders forwards 5 times and backwards 5 times. Let your arms hang loose by your sides.
* Squats 2 x 20 rep
  + To do knee bends, stand with your feet shoulder-width apart and your hands stretched out. Lower yourself no more than 10cm by bending your knees. Come up and repeat.

**10 min cardio**

* Squat jumps - 2 sets of 15 to 24 repetitions (reps)
  + For rocket jumps, stand with your feet hip-width apart, legs bent and hands on your thighs.
  + Jump up, driving your hands straight above your head and extending your entire body. Land softly, reposition your feet and repeat.
  + For more of a challenge, start in a lower squat position and hold a weight or a bottle of water in both hands at the center of your chest.
* Star jumps – 2 x 20
  + To do a star jump, stand tall with your arms by your side and knees slightly bent.
  + Jump up, extending your arms and legs out into a star shape in the air.
  + Land softly, with your knees together and hands by your side.
  + Keep your abs tight and back straight during the exercise.
* Squats - 2 sets of 20
  + As a less energetic alternative, do some squats. Stand with your feet shoulder-width apart and your hands down by your sides or stretched out in front for extra balance.
  + Lower yourself by bending your knees until they're nearly at a right angle, with your thighs parallel to the floor.
  + Keep your back straight and don't let your knees extend over your toes.
* Burpees - 2 sets of 20
  + To do a burpee from a standing position (1), drop into a squat with your hands on the ground (2).
  + Kick your feet back into a push-up position (3). Jump your feet back into a squat (4) and jump up with your arms extending overhead (5).
  + For an easier burpee, don't kick out into the push-up position and stand up instead of jumping

**Cool Down**

* Buttock stretch old for 15 secs
  + Lie on your back and bring your knees up to your chest.
  + Cross your right leg over your left thigh.
  + Grasp the back of your left thigh with both hands.
  + Pull your left leg towards your chest.
  + Repeat with the opposite leg.
* Hamstring stretch hold for 15 secs
  + Lie on your back and raise your right leg.
  + Hold your right leg with both hands, below your knee.
  + Keeping your left leg bent with your foot on the floor, pull your right leg towards you keeping it straight.
  + Repeat with the opposite leg.
* Calf stretch – hold for 10 secs
  + Step your right leg forward, keeping it bent, and lean forwards slightly.
  + Keep your left leg straight and try to lower the left heel to the ground.
  + Repeat with the opposite leg.
* Thigh stretch – hold for 10 secs
  + Step your right leg forward, keeping it bent, and lean forwards slightly.
  + Keep your left leg straight and try to lower the left heel to the ground.
  + Repeat with the opposite leg

**Legs**

* Squats – 2 sets of 20
  + Stand with your feet shoulder-width apart and your hands down by your sides, or stretched out in front for extra balance
  + Lower yourself by bending your knees until they're nearly at a right angle, with your thighs parallel to the floor
* Lunges – 2 sets of 20
  + Stand in a split stance, with your right leg forward and left leg back
  + Slowly bend the knees, lowering into a lunge until both legs are nearly at right angles. Keeping the weight on your heels, push back up to starting position
* Calf raise 2x20
  + Place your hands on a wall or chair for stability. Stand straight, but avoid locking your knees.
  + Slowly move onto your toes, lifting your heels off the ground, and then slowly lower your heels back down
* Bridges – 2x 20
  + Lie on your back with your knees bent and heels close to your bottom. Your feet should be shoulder-width apart and flat on the floor.
  + Raise your hips up to create a straight line from knees to shoulders. As you come up, tighten your abdominal and buttock muscles.
* Stomach crunch
  + Lie down on your back, knees bent and hands behind your ears. Keeping your lower back pressed into the floor, raise your shoulder blades no more than 3 inches off the floor and slowly lower down

**Upper arms**

* Press ups – 2 x 10
  + Fully extend your arms
  + Bend your elbows to lower yourself
  + Place your hands underneath your shoulders with your arms fully extended, palms flat and fingers facing forward. Legs are straight and knees are off the floor.
  + Your body should form a rigid plank from head to toe.
  + Lower yourself by bending your elbows out to the sides until your chest is about 2 inches above the floor.
  + Push back up and repeat 10 to 15 times.
  + Tips:
    1. Don't let your hips sink as you lower yourself.
    2. Avoid arching your upper back when pushing back up.
    3. For an easier version, perform the press-up with your knees on the floor.
* Close-grip wall pushups 2 x10
  + Stand arm's length from the wall
  + Bend your arms to lower yourself
  + Stand at arm's length (or further for more difficulty) from a wall.
  + Place your hands on the wall at chest height and shoulder-width apart or closer. A closer grip will work your triceps harder.
  + With elbows tucked in, bend your arms to lower your body towards the wall.
  + Let your heels come off the floor as you lean in to the wall to keep your body straight.
  + Push back up and repeat 10 to 15 times.
  + Tips
    1. Your body should form a rigid plank from head to toe during the exercise.
    2. For more of a challenge, perform the exercise with your hands on a stable chair or on the floor.
* Triceps kickbacks 2x10
  + Kneel down on your right knee and lean forwards
  + Straighten your elbow to raise your arm behind you
  + Kneel down on your right knee and lean forwards. Raise your elbow behind you, keeping the arm bent at about 90 degrees.
  + Straighten your left elbow to raise your arm behind you as far as feels comfortable.
  + Bend your elbow to return to the starting position and repeat 10 to 15 times.
  + Then, switch knees and perform the exercise with the other arm.

**Intensity Levels**

* Regular Pace
  + Use a normal, comfortable pace if you want to focus more on building strength, controlling the movements and breathing.
  + Perform each exercise for 50–60 seconds and then rest for 10–30 seconds before moving onto the next exercise.
  + You don’t need to count how many reps you do, just repeat the move for the minute.
* Regular
  + It’ll kick up your heart rate, burn more calories and increase your aerobic fitness, all while still building your strength. It’ll also make you sweat.
  + In this method you’re separating your minute of each exercise into 3 parts:
    1. Perform each movement for **30 seconds first at regular pace**.
    2. Have a **5–10 second break**, then
    3. Perform the same exercise **as fast as you can for the remaining 20 seconds**.
  + Push yourself as hard as you can and get as many reps as possible within those last 20 seconds, you don’t need to count the reps.
* Hardcore HITT
  + The pace for all you beasts out there — when you’re experienced with all the exercises and you need a workout as hard as possible.
  + The method is simple. Perform each exercise as fast as you can, as explosively as you can and do as many reps as you can muster within the minute.
  + No breaks within the minute allowed and up to 30 seconds break between exercises.
  + This method is only for the highly experienced. Trying it when you’re not used to the intensity or movements is a recipe for injury, so please, don’t push yourself too hard.
  + If you like the workout, start with method 1 first and work up to this level.

**HITT Workout**

* Jog/sprint
  + Jogging warms you up, gets your heart pumping and your blood flowing. Jog on the spot, in a circle or a straight line for 1 minute.
  + Keep your core tight (tense your stomach muscles) as you jog, this will work them.
  + If you’re doing method 2, jog at a normal pace for 30 seconds, have a 5 second rest then sprint for 30 seconds. Hardcore HIITers just sprint for the full minute.
* Star jumps
  + Continuation of warm up and increasing heart rate and blood flow.
  + Star-jumps warm up your shoulders, lats (the sides of your back) and quads (leg muscles).
  + Do them for a full minute at regular pace or, if you’re doing regular HIIT, keep it paced for 30 seconds then do as many reps as you can in the last 20 seconds.
  + Hardcore HIITers, fast as you can for the full minute.
  + Make sure you’re on stable, non-slippery ground.
* High knees
  + High-knee twists work your quads (legs), your abs and your oblique’s.
  + Keep your core tight to give your abs maximum work. Focus on using your abs to pull your legs up as you move.
  + The movement from twisting your body side to side is what works your obliques; the side muscles which line your abs.
  + If you’re doing method 1, go at regular pace for the full minute.
  + If you’re doing regular HIIT, do normal pace for 30 seconds, have a 5 second break, then 25 seconds as fast as you can go, as many reps as you can.
  + Hardcore HIITers, fast as you can for a minute.
* Push ups
  + Keep your body in a straight line from your feet and legs all the way up your spine to your neck.
  + Try to get your nose as close to the ground as possible **without** moving your face toward the ground — keep your neck and back as straight as possible and keep your abs contracted.
  + If you can’t do a push in the position in the image above, maintain the same position but rest your knees on the floor. Over time you’ll build the strength to perform the classic push up.
  + At regular pace keep your movements slow and controlled. You don’t need to count how you many reps do, just perform the movement continuously, for as long as you can up to a minute.
  + At regular HIIT pace, perform regular paced push-ups for 30 seconds, have a 10 second break then do as many as you can for the next 20 seconds. Maintain good form but focus on speed. You don’t need to count how many reps you do.
  + Again, hardcore HIITers, you know what to do. In fact, I know you know what to do, so I won’t mention anything more for you guys.
* Plank – 1 min
  + Plank, the classic Pilates pose. Strengthens your core from all sides; abdominals, obliques and dorsal muscles (back).
  + No breaks on this one, hold the pose for the full minute, or as long as you can up to the full minute.
* Squat jacks
  + Focuses on legs, butt and cardio. Keep your knees behind your toes when you jump down into the squat, push your butt out as far as you can without losing your balance. Same rules apply for regular pace, regular HIIT or hardcore HIIT ([see above](https://medium.com/@rajeetsingh/the-10-minute-full-body-workout-you-can-do-anywhere-2ee4374e9eb6#7e26))
* Side plank balance holder
  + Oblique-focused core-strength. Hold yourself on one side for up to 30 seconds then switch to the other side for 30 seconds. Keep your body as straight as you possibly can, don’t dip your hips toward the floor.
  + If the pose is too tough, hold yourself on your forearm instead of your hand.
  + You may need a break if you’re new to this so don’t worry if you can’t hold yourself for the full 30 seconds (I struggle sometimes too). If you’re a beast you can try holding up to a minute on each side.
* Floor sprints
  + Finish off strong. Works the core, legs, and arms (because you’re holding yourself up) and finishes on a cardio high. Keep your back and neck in line and tighten your core. Kick your knees as close to your elbows as you can without touching them.
  + Make sure you get at **least** **5–10 seconds rest between exercises**, but try not to get more than 30 seconds between them if you want to get the most out of the workout. If you do need more than 30 seconds though, it’s fine, do what’s most comfortable for you.
  + It’s perfectly fine if this workout takes you more than 10 minutes. It can take 20 or 30 minutes if you like

**Adidas Workout**

* Benefits of the 10-Minute Full-Body Workout:
  + Improves cardiorespiratory fitness
  + Activates all major muscle groups
  + Elevates your heart rate and helps burn more calories
  + Boosts brain function
* How to do the full-body workout
  + Do each exercise at a 50/10 interval (50 seconds intense effort, 10 seconds rest)
  + Repeat for 2 rounds total
  + Important: For best results keep the intensity high – give it all you’ve got and go as fast as you can while maintaining good form!
* Flat out burpees
  + Burpees are the go-to exercise for a quick, intense workout
  + <https://youtu.be/HA6xpfVO9K8>
* Skier abs
  + Work your abs (including obliques!) while keeping the heart rate high through jumps!
  + <https://youtu.be/LafL80p0vY4>
* Touchdown lunges
  + Touchdown Lunges will make your quads burn in a matter of seconds!
  + <https://youtu.be/MxbRoSjoJDw>
* Push-up shoulder taps
  + Works your upper body strength and balance.
  + <https://youtu.be/qb4gdNXWmL8>
* 180 jump squats
  + Finish the round with another leg burner, the 180 Jump Squats
  + https://youtu.be/6kWMnoIaUOE

**Tips**

* Make sure you get at **least** **5–10 seconds rest between exercises** but try not to get more than 30 seconds between them if you want to get the most out of the workout. If you do need more than 30 seconds though, it’s fine, do what’s most comfortable for you.
* It’s perfectly fine if this workout takes you more than 10 minutes. It can take 20 or 30 minutes if you like — do what’s comfortable and work at your own pace, especially if you’re a beginner or aren’t familiar with the moves

**Sounds**

* Workout sounds
* Guided meditation
  + 4 different meditations
* Peaceful sounds
  + Rain - 2
  + River - 2
  + Birds - 2
  + Rain on car - 2
  + Peaceful/Lofi - 3
  + Fireplace sounds - 2
  + Forest sounds - 2
  + Ocean sounds - 2