



Tman's 10min Torture!

Workout Overview.... Fullbody high intensity circuit with no equipment needed!

Total Workout Time....10min

Workout Structure.... 2 Circuits....Each Circuit = 5 exercises for 30 seconds, Repeat twice.

Workout Outline

Warm up stretch and Demo

First Circuit = Total Time 5min

- 30 seconds on each exercise!
- Squats / Towel Row Left / Towel Row Right/ Pushups/Burpees
- REPEAT!

REST....2min 30 seconds

2nd Circuit = Total Time 5min

- 30 seconds on each exercise!
- Floor to sky jumps / Towel Row Left / Towel Row Right / Hover to Pushup / Burpees
- REPEAT!

Stretch and Cool down!

Workout Tips!

1. Make sure you've got a towel ready to use!
2. Have your water bottle full and close by!
3. Technique is important, so always complete each repetition with good form!