

## “Power 10” – For Time

**Equipment:** ability to do some kind of cardio (machines, jump rope, stairs, outside sprints, burpees) and 1 set of moderate dumbbells

Watch the accompanying video, I show the lunge/squat/lunge only. The cardio you choose will be up to you!

Complete for time:

20s cardio

10 lunge/squat/lunge (count squats)

20s cardio

9 lunge/squat/lunge

20s cardio

8 ... 7 ... 6 ... 5 ... 4 ... 3 ... 2 ... all the way to 1 lunge/squat

Set your timer and complete the workout as fast as possible, safely, record your time and share on IG with your daily photo. There's a 20-minute time cap.