

10 Workouts to Get You Fit & Burn Fat

Set your timer and perform each exercise for 1 minute using your bodyweight or with dumbbells to add resistance where you can. Keep moving from one movement to the next with as little rest as possible repeating the sequence 2 times for a total of 10 minutes.. Follow my youtube channel **HERE (Tania Kowalski) to find form demonstrations for all of the workouts.

1

- jumping jacks
- minute plank
- shuttle runs
- pushups
- air squats

2

- plank donkey kicks
- hill sprints
- plank knees to triceps
- frog hops
- walking lunges

3

- twisted mountain climbers
- jump squats
- incline pushups
- bicycle crunches
- air plie squats

4

- inverted shoulder press
- jump lunges
- knee to elbow
- pushup to down dog
- side lateral lunges

5

- squat to burpee
- glute bridges
- alternating high/low plank
- air squats
- handstands

6

- tuck jumps
- reverse lunges
- triceps dips
- shuttle runs
- lying leg lifts

7

- walking pulse lunges
- plank leg lifts
- high knees
- Russian twists
- single leg deadlifts

8

- air squats
- decline pushups
- alternating toe touches
- single leg hip thrust
- reverse crunches

9

- burpees
- glute bridges
- jumping jacks
- spinning squats
- slow lowering pushups

10

- curtsy squats
- plank to inverted shoulder press
- alternating side planks
- burpee to tuck jumps
- lying scissor leg lifts

