



The 10-Minute High Intensity Home Workout

Do this 10-minute high intensity home workout on days you would normally do ARX

For each exercise, do as many reps as you can in 60-seconds, take a 10-second rest, then move on to the next exercise.

Pushups – use a couch or start from your knees if a regular pushup is too difficult



High Squats



High Knees



High Crunches



Mountain Climbers



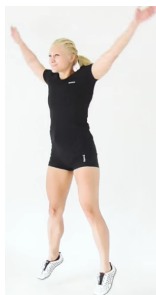
Flutter Kicks



Shoulder Taps



Jumping Jacks



Burpees – do a pushup at the bottom for extra credit!

