

10 MINUTE CHALLENGE

10 MINUTES A DAY FOR 30 DAYS.



<p>1. 1 MIN HIGH KNEES 1 MIN STAR JUMPS 1 min rest 5 sets</p>	<p>2. 20 SEC SQUATS 20 SEC SIT UPS 20 SEC SQUATS 1 min rest 10 sets</p>	<p>3. 2 MINS STAR JUMPS 2 MINS SQUATS 1 min rest 2 sets</p>	<p>4. 40 SEC SQUATS 20 SEC SHOULDER TAPS 1 min rest 7 sets FINISH: 3 MIN SQUATS</p>	<p>5. 20 SEC HIGH KNEES 20 SEC CLIMBERS 20 SEC HIGH KNEES 1 min rest 10 sets</p>	<p>6. 1 MIN SIT UPS 1 FLUTTER KICKS 2 min rest 5 sets</p>
<p>7. 10 MINS SIDE TO SIDE LEG RAISES NON STOP</p>	<p>8. 30 SEC STAR JUMPS 30 SEC PLANK JACKS 1 min rest 7 sets FINISH: 3 MINS STAR JUMPS</p>	<p>9. 20 SEC SQUATS 20 SEC PUNCHES 20 SEC SQUATS 1 min rest 10 sets</p>	<p>10. 1 MIN CLIMBERS 1 MIN FLUTTER KICKS 2 min rest 5 sets</p>	<p>11. 10 MIN PUNCHES NON STOP</p>	<p>12. 20 SEC HIGH KNEES 20 SEC STAR JUMPS 20 SEC HIGH KNEES 1 min rest 10 sets</p>
<p>13. 30 SEC PUNCHES 30 SEC SHOULDER TAPS 1 min rest 7 sets FINISH: 3 MIN PUNCHES</p>	<p>14. 1 MIN SQUATS 1 MIN FLUTTER KICKS 2 min rest 5 sets</p>	<p>15. 10 MIN SIDE TO SIDE LEG RAISES NON STOP</p>	<p>16. 1 MIN STAR JUMPS 1 MIN PUNCHES 2 min rest 4 sets FINISH: 2 MIN SIT UPS</p>	<p>17. 20 SEC HIGH KNEES 20 SEC CLIMBERS 20 SEC HIGH KNEES 1 min rest 10 sets</p>	<p>18. 40 SEC SQUATS 20 SEC SHOULDER TAPS 1 min rest 7 sets FINISH: 3 MIN SQUATS</p>
<p>19. 10 MIN PUNCHES NON STOP</p>	<p>20. 30 SEC HIGH KNEES 30 SEC CLIMBERS 30 SEC HIGH KNEES 30 SEC PLANK JACKS 2 min rest 5 sets</p>	<p>21. 20 SEC SQUATS 20 SEC SIT UPS 20 SEC FLUTTER KICKS 1 min rest 10 sets</p>	<p>22. 1 MIN STAR JUMPS 1 MIN HIGH KNEES 2 mins rest 4 sets FINISH: 2 MIN CLIMBERS</p>	<p>23. 10 MINS SIDE TO SIDE LEG RAISES NON STOP</p>	<p>24. 40 SEC SQUATS 20 SEC SHOULDER TAPS 1 min rest 7 sets FINISH: 3 MIN SQUATS</p>
<p>25. 1 MIN STAR JUMPS 1 min rest 10 sets</p>	<p>26. 30 SEC HIGH KNEES 30 SEC FLUTTER KICKS 30 SEC HIGH KNEES 30 SEC SIT UPS 2 mins rest 5 sets</p>	<p>27. 30 SEC SIT UPS 30 SEC STAR JUMPS 30 SEC SHOULDER TAPS 30 sec rest 4 sets</p>	<p>28. 40 SEC PUNCHES 20 SEC SHOULDER TAPS 1 min rest 7 sets FINISH: 3 MIN PUNCHES</p>	<p>29. 1 MIN SIT UPS 1 MIN FLUTTER KICKS 2 min rest 5 sets</p>	<p>30. 10 MINS SIDE TO SIDE LEG RAISES NON STOP.</p>

