

# 10 Minute Workout



**Brad Linder**



## A Personal Welcome from Brad Linder *10 Minute Workout!*

Hello,

The purpose of this 10 minute workout is to give to 10 great exercises that you can do anywhere...anytime.

You can do these a few ways:

1. Perform each exercise for 50 seconds with a quick 10 second transition to the next exercise.
2. Perform each exercise for 45 seconds with a 15 second transition to the next exercise.
3. Perform each exercise for 40 seconds with a 20 second transition to the next exercise.
4. Perform each exercise for 30 seconds with a 30 rest before the next exercise.

If you have time you can do the first 10 minutes at 50/10, rest and do one or two more rounds. You can also change the amount of time you rest.

For more information, workouts and tips, visit our blog at [www.GetYouInShape.com](http://www.GetYouInShape.com)

As with starting any new exercise and nutrition program, we recommend you consulting your doctor before starting.

I wish you the best of success and the best of health,

Brad Linder, M.S., CPT  
Fitness and Nutrition Expert

[www.GetYouInShape.com](http://www.GetYouInShape.com)

[www.GYISNutrition.com](http://www.GYISNutrition.com)

[www.24DayKickStart.com](http://www.24DayKickStart.com)

Co-Author, 3 Steps To Your Best Body

# #1 Plank, Push-Ups or Mountain Climbers (see #7)

## Strength Goals:

- Strengthen core muscles to support the spine in the proper position

## Focus: Chest, Core, Triceps

**Goal:** Strengthen chest, core & triceps

**Category:** Resistance



## Proper Technique for Level 1:

- Raise yourself up on your knees or toes using your core muscles.
- Keep your hand below your shoulders (it does not matter the width of your hands) Tuck chin so your head is in line with your body
- Pull your shoulder blades back and down you're the middle of your back while drawing in your belly button toward your spine to engage your core and isolate chest (move your hips until you feel the core engaged)
- For Planks – Hold yourself at the top of the position the entire time.
- For pushups - Bend elbows and lower yourself to where your muscles continue to control your body. Then lift yourself back to the start while keeping form. For pushups, only go down as far as the fitness level will take you.

## Reminders

- Pull Shoulder blades down back
- Draw in belly button
- Move hips until to feel core engaged
- Hands under shoulders

## Tempo Options

- Hold for differing lengths of time
- Down 2, No Pause, Up 2
- Down 4, Pause 2, Up 1
- 1 up 1 down, Negatives

## Modifications for More Advanced Fitness Levels



### • Another Level

Perform plank lifting one arm or one leg in the air and holding for 1-2 seconds. Switch arms or legs.

## #2 Overhead Squat

### Strength Goals:

- Strengthen core, legs & shoulder foundation
- Reveal and correct imbalances
- Anchor spine & maintain spine angle

### Focus: Core, Shoulders, Legs

**Goal:** Initiate all movement from hips / glutes

**Category:** Legs/Shoulders/Resistance



### Proper Technique –

- Feet outside of hip (close to shoulder width), tighten core, extend arms above the head locking out the elbows with hands in line with your heels.
- Initiate the squat from the hips/glutes as if sitting in a chair, keep arms extended overhead (locked) with chest as high as possible.
- Keep pressure in your heels, arms extended overhead (locked) as
- Press heels into floor and maintain straight back while pulling up from the hips/glutes

Levels 1 - Just hold band in hands overhead

Level 2 - Put band underneath feet

### Reminders

- Move(pull) from the hips/glutes and **NOT** the knees. Weight stays in heels
- Keep core tight with arms staying locked out over head while pulling shoulders back/down
- Hands stay in line with heels

### Tempo Options

- Down 2, no pause, up 2
- Down 4, pause 2, up 1
- Down 1, explode up 1
- Slow down, pause, slow up
- Down 10, Pause 10, up 1

## #3 Hallow Rock Hold or Hallow rock

**Strength Goals:**

- Strengthen lower back & core

**Focus: Core****Goal:** Isolate & Strengthen Core**Category:** Resistance

### Proper Technique for Level 1

- Lie on your back and lift your legs in the air, feet together, toes pointed to shins (flexed).
- Extend your arms straight out over your head putting palms together and biceps close to your ears.
- Begin lowering your legs as low as you can without transferring the stress to your lower back and **PRESS BACK INTO MAT** as you also bring your shoulder off the ground (keeping your biceps close to your ears)
- Keeping pressing back pressed tightly into the mat and belly button pulled into the spine.

### Level 2

Rock slightly forward and backward while keeping your body just like Po



## #4 Left Leg Static Lunge w/ Row

### Strength Goals:

- Strengthen glutes & hamstrings & back
- Strengthen back and core
- Reveal and correct imbalances

### Focus: biceps, core, glutes, back

**Goal:** Initiate lower body movement from hips/glutes, while simultaneously working biceps & back

**Category:** Resistance



### Proper Technique For Static Lunge (no movement in leg):

- Place band under left foot and put feet hip distance apart
- Keep shoulder blades pulled back and down, stomach drawn in and core tight.
- Pull the hips back and bring right leg behind you, letting the right toe lightly touch the ground (don't put any weight on the back leg). This will keep all your weight in your left hip, glute and heel.
- Try to pull your hips so that your back is close to being parallel to the ground This will also help isolate the back muscle more 😊
- Extend the band to the ground while keeping back straight and neck in line with the body and pull the band so that the palms of the hand come to the ribcage and your elbow go up to the ceiling/sky.

### Proper Technique For Lunge With A Row

- Same technique as above except you drop the back knee towards the ground while bending from the left hip and not putting any pressure on the back leg.
- As you lunge down, row your arms down and back up (keeping your arms just even with your ribs). Pause & squeeze your upper back muscles. Keeping your weight in your front hip & heel return to the starting lunge position.

### Reminders

- Keep weight in front hip, heel & glute
- Make sure you can see your shoe laces

### Tempo Options If Lunging

- Down 2, no pause, up 2
- Down 4, pause 2, up 1
- Quick count

You can also perform this with dumbbells



## #5 Push-Ups or Mountain Climbers (see #7)

### Strength Goals:

- Strengthen core muscles to support the spine in the proper position

### Focus: Chest, Core, Triceps

**Goal:** Strengthen chest, core & triceps

**Category:** Resistance



### Proper Technique for Level 1:

- Raise yourself up on your knees or toes using your core muscles.
- Keep your hand below your shoulders (it does not matter the width of your hands) Tuck chin so your head is in line with your body
- Pull your shoulder blades back and down you're the middle of your back while drawing in your belly button toward your spine to engage your core and isolate chest (move your hips until you feel the core engaged)
- For pushups - Bend elbows and lower yourself to where your muscles continue to control your body. Then lift yourself back to the start while keeping form. For pushups, only go down as far as the fitness level will take you.

### Reminders

- Pull Shoulder blades down back
- Draw in belly button
- Move hips until to feel core engaged
- Hands under shoulders

### Tempo Options

- Hold for differing lengths of time
- Down 2, No Pause, Up 2
- Down 4, Pause 2, Up 1
- 1 up 1 down, Negatives

### Modifications for More Advanced Fitness Levels



- **Another Level**  
Perform pushups while lifting one leg in the air. Switch each repetition.

## #6 Side to Side Steps With Bicep Curl

### Strength Goals:

- Strengthen glutes & hip abductor
- Reveal and correct imbalances

**Feel:** Your glutes

**Focus:** Glutes, Back of legs

**Goal:** Move the body while keeping core tight & shoulders back

**Category:** Legs/Resistance



### Proper Technique :

- Put band around feet hip width apart and cross the band as you pull the band up like a bicep curl.
- Pull shoulders down back & keep core engaged as if someone is about to hit you in the stomach)
- With toes pointed in and heels out, take a very small step to the one side with one foot and a small step with the other leg so that you do not bring your feet together. This will help keep tension in the resistance band.
- Keep going in one direction until you are at the half way mark and move to the opposite direction.
- Keep elbows pressed into your ribcage as you perform the bicep curl with the band



### Reminders

- Point your toes in and heels out
- Do not bring feet together
- Shoulders back and down, elbows locked to rib cage core tight
- You should feel this in your glutes, hips and biceps
- Keep core engaged as if you are about to get hit in the stomach



## #7 Super Slow Mountain Climbers

### Strength Goals:

- Strengthen core muscles to support the spine in the proper position

### Focus: Chest, Core, Triceps

**Goal:** Strengthen chest, core & triceps

**Category:** Resistance/Upper/Core



### Proper Technique:

- Raise yourself up on your knees or toes using your core muscles.
- Keep your hand below your shoulders (it does not matter the width of your hands) Tuck chin so your head is in line with your body
- Pull your shoulder blades back and down you're the middle of your back while drawing in your belly button toward your spine to engage your core and isolate chest (move your hips until you feel the core engaged)
- If on knees, as slow as you can, bring right knee to your right elbow and then switch sides
- If on toes, as slow as you can bring right knee to your right wrist

### Reminders

- Pull Shoulder blades down back
- Draw in belly button
- Move hips until to feel core engaged
- Hands under shoulders

### Tempo Options

- Slow
- Fast (if you go fast, make sure you keep your hands underneath your shoulders and core stable)

## Modifications for More Advanced Fitness Levels

- Another Level



Perform super slow mountain climbers with bringing knee to the opposite hand.

## #8 Right Leg Static Lunge w/ Row

### Strength Goals:

- Strengthen glutes & hamstrings & back
- Strengthen back and core
- Reveal and correct imbalances

### Focus: biceps, core, glutes, back

**Goal:** Initiate lower body movement from hips/glutes, while simultaneously working biceps & back

**Category:** Resistance



### Proper Technique For Static Lunge (no movement in leg):

- Place band under right foot and put feet hip distance apart
- Keep shoulder blades pulled back and down, stomach drawn in and core tight.
- Pull the hips back and bring left leg behind you, letting the left toe lightly touch the ground (don't put any weight on the back leg). This will keep all your weight in your right hip, glute and heel.
- Try to pull your hips so that your back is close to being parallel to the ground. This will also help isolate the back muscle more ☺
- Extend the band to the ground while keeping back straight and neck in line with the body and pull the band so that the palms of the hand come to the ribcage and your elbow go up to the ceiling/sky.

### Proper Technique For Lunge With A Row

- Same technique as above except you drop the back knee towards the ground while bending from the left hip and not putting any pressure on the back leg.
- As you lunge down, row your arms down and back up (keeping your arms just even with your ribs). Pause & squeeze your upper back muscles. Keeping your weight in your front hip & heel return

### Reminders

- Keep weight in front hip, heel & glute
- Make sure you can see your shoe laces

### Tempo Options If Lunging

- Down 2, no pause, up 2
- Down 4, pause 2, up 1
- Quick count

This exercise can also be with dumbbells.



## #9 Shoulder Press

### Strength Goals:

- Strengthen back and shoulder muscles

**Focus: Back & Shoulders**

**Goal:** Focus on back muscles

**Category:** Resistance



### Proper Technique:

- Put band underneath one or two feet. One foot will have less resistance and two feet will add resistance to it.
- Stand upright, feet hip distance apart, core tight, shoulders back & down
- Bring bands close to your shoulders with palms facing up toward the ceiling or sky like (like you are holding a tray in your hands)
- Press/extend arms up to the ceiling/sky and out to the side while
- Keep arms in line with your body or try not to press forward with your arms but straight up to the sky with your head between your arms. If the band were to drop, it should hit you right on top of the head.



### Reminders

- Do not sway or move any other part of your body
- Focus on your back muscles

### Tempo Options

- Slow vs Fast
- Up 2, No Pause, Down 2
- Up 4, Pause 2, Down 1

## #10 Side to Side Steps With High Pull

**Strength Goals:**

- Strengthen glutes & hip abductor
- Strengthen shoulders

**Feel:** Your glutes and shoulders**Focus: Glutes, Back of legs****Goal:** Move the body while keeping core tight & shoulders back**Category:** Legs/Shoulders

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**Proper Technique :**

- Put band around feet hip width apart and cross the band as you pull your elbows as high as you can to the sky while bring the band to your chin.
  - Keep core engaged as if someone is about to hit you in the stomach.
  - With toes pointed in and heels out, take a very small step to the one side with one foot and a small step with the other leg so that you do not bring your feet together. This will help keep tension in the resistance band.
  - Keep going in one direction until you are at the half way mark and move to the opposite direction.
  - Keep elbows as high as you can the entire exercise
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**Reminders**

- Point your toes in and heels out
- Do not bring feet together
- Shoulders as high as you can keep them with hands underneath your chin
- You should feel this in your glutes, hips and shoulders
- Keep core engaged as if you are about to get hit in the stomach