

10-MIN MORNING WORKOUT FOR BUSY WOMEN



NO EQUIPMENT REQUIRED!



**30s Skipping, 30s Rest
(10 Rounds)**



**Jogging
10 Minutes**



**5 x 1 minute Planks,
5 x 1 minute Sit-ups**



**30s of Squats & 30s of
Stationary Squats (10 Rounds)**



**30s Burpees
30s Rest (10 Rounds)**