

10-Minute Strength Training Workout

GoodWord Health and Fitness
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<u>Exercise</u>	<u>Type/Addition</u>	<u>Time</u>	<u>Added Band/Weight</u>
1.) Bridge	w/ chest press	1 minute	B: _____ W: _____ lbs
2.) Bridge	Pulsing w/ tricep pulses	1 minute	B: _____ W: _____ lbs
3.) Bridge	w/ knee pulse out	1 minute	B: _____ W: _____ lbs
4.) Table	w/ kick back	30 sec/30 sec	B: _____ W: _____ lbs
5.) Table	w/ leg extension to knee-in	30 sec/30 sec	B: _____ W: _____ lbs
6.) Lunge	Alternating w/ bicep curls	1 minute	B: _____ W: _____ lbs
7.) Lunge	Pulsing w/ bicep pulses	30 sec/30 sec	B: _____ W: _____ lbs
8.) Squat	w/ overhead press	1 minute	B: _____ W: _____ lbs
9.) Squat	Side to side w/ chest fly	1 minute	B: _____ W: _____ lbs
10.) Pushup	Tricep	1 minute	B: _____ W: _____ lbs

<u>Exercise</u>	<u>Type/Addition</u>	<u>Time</u>	<u>Added Weight/Band</u>
1.)			B: _____ W: _____ lbs
2.)			B: _____ W: _____ lbs
3.)			B: _____ W: _____ lbs
4.)			B: _____ W: _____ lbs
5.)			B: _____ W: _____ lbs
6.)			B: _____ W: _____ lbs
7.)			B: _____ W: _____ lbs
8.)			B: _____ W: _____ lbs
9.)			B: _____ W: _____ lbs
10.)			B: _____ W: _____ lbs

