



## 10 MINUTE WORKOUT: PROGRAM 1

**Program Goal:** 10 Minute Workout

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
<b>SMR:</b> Optional Due to Time			
<b>Static:</b> Optional Due to Time			

### CORE / BALANCE / REACTIVE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
<b>Core:</b> Floor Bridge	1	12	Slow	0	
<b>Balance:</b> Single-leg Biceps Curl to Overhead Press	1	12	Slow	0	Maintain proper arch alignment
<b>Reactive:</b> Squat Jumps w/ Stabilization Hold	1	10	Control	0	Hold landing for 3-5 seconds

### SPEED, AGILITY, QUICKNESS -OPTIONAL

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
N/A					

### RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
<b>Chest:</b> Incline Push-Ups	1	12	4/2/1	0	
<b>Back:</b> Floor Cobra	1	12	4/2/1	0	
<b>Legs:</b> Single-leg Squats	1	12ea	4/2/1	0	

### COOL-DOWN

Exercise	Sets	Duration	Coaching Tip
<b>SMR:</b> Optional Due to Time			
<b>Static:</b> Optional Due to Time			

Coaching Tip: Maintain proper alignment (5 Kinetic Chain Checkpoints) and reduce weight/reps if form fails. Squeeze your glutes when in hip extension and draw-in throughout entire workout. Vertically load exercises and complete all Core, Balance and Reactive exercises before moving to the Resistance portion of the program.

Great Resources: For help you can look through the program design chapter in your book or visit the learning center at [www.HFPN.com](http://www.HFPN.com) (under exercise library).