10 MINUTE WORKOUT:
PROGRAM 1

Program Goal: 10 Minute Workout

WARM-UP

Exercise	Sets	Duration	Coaching Tip
SMR: Optional Due to Time			
Static: Optional Due to Time			

CORE / BALANCE / REACTIVE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Core: Floor Bridge	1	12	Slow	0	
Balance: Single-leg Biceps Curl to Overhead Press	1	12	Slow	0	Maintain proper arch alignment
Reactive: 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
Chest: Incline Push-Ups	1	12	4/2/1	0	
Back: Floor Cobra	1	12	4/2/1	0	
Legs: Single-leg Squats	1	12ea	4/2/1	0	

COOL-DOWN

Exercise	Sets	Duration	Coaching Tip
SMR: Optional Due to Time			
Static: 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 (under exercise library).