



10 MINUTE WORKOUT: PROGRAM 3

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: Ball Cobra	1	12	Slow	0	Hold at the top for 3 seconds
Balance: Single-leg Biceps Curl to Overhead Press	1	12	Slow	0	Maintain proper arch alignment
Reactive: Box Jump Up 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: Ball Dumbbell Chest Press	1	15	4/2/1	0	
Legs: Sagittal Stationary Lunges	1	15ea	4/2/1	0	
Metabolic Finisher: Mountain Climbers	1		Fast	0	Perform for 60 seconds

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).