

## 10-MINUTE WORKOUT

Do It In  
**10**  
Minutes

### THE PLAN

Do these four moves three times a week, and you'll see more definition in a month or less. For faster results, add 20 minutes of cardio.

CONSULTING  
TRAINER  
KATHLEEN  
TROTTER



# PLYOMETRIC POWER

Jump around to sculpt every muscle – and boost speed and agility for sports like tennis or soccer!

Buzzword:  
**PLYOMETRIC EXERCISES**

These fast, explosive moves tone every inch fast.

### Scissor Kick Lunges

Lunge with one arm pointed toward ceiling and the other to the floor. Jump up and switch legs and arms, landing in a lunge with opposite foot forward. Do 20 to 30 reps.

**PERFECT YOUR FORM:** While lunging, keep knee in line with middle toes.

**DIAL IT DOWN:** Perform lunges without the jump.

**AMP IT UP:** Increase your speed. Do 10 more reps.

**TARGETS:** Quads, glutes, hamstrings, calves and core.



### Quick-Fire Burpees

Bend and place hands on floor. Jump feet into plank, then jump feet back toward hands. Now stand and jump up with arms raised. Repeat sequence for 60 seconds.

**PERFECT YOUR FORM:** Avoid dipping hips in plank.

**DIAL IT DOWN:** Step, not jump, your feet into plank and walk them back up and stand.

**AMP IT UP:** Do a push-up after jumping into plank.

**TARGETS:** Upper body, core, calves and glutes.



### Stepping-Stool Kick

Start in boxer's stance with left knee raised. Drive left foot down to ground and springboard off left foot to kick your right leg forward. Repeat for 60 seconds switching between legs.

**PERFECT YOUR FORM:** Avoid locking knees.

**DIAL IT DOWN:** Do forward kicks without the jump.

**AMP IT UP:** Add two jabs for a killer kick-boxing combo.

**TARGETS:** Core, glutes, quads and hamstrings.



### Skater Jumps

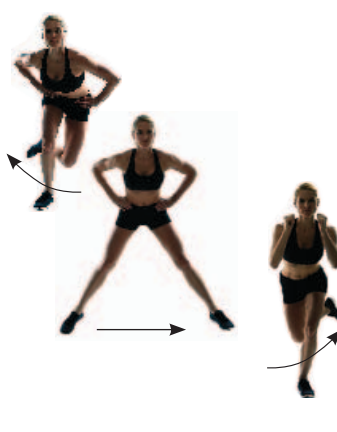
Start on right foot, hands on hips, left leg behind you. Take a wide leap to the left. Shift weight to left foot, drawing arms up and right leg behind you. Repeat for 60 seconds.

**PERFECT YOUR FORM:** Keep back straight and chin away from chest.

**DIAL IT DOWN:** Skip the jump and lunge from side to side.

**AMP IT UP:** Reach down across your body and touch toes between jumps.

**TARGETS:** Core and legs.



My hair gets oily very quickly so I'm lost without **Batiste Dry Shampoo**, a true miracle product. – Kari Pritchard