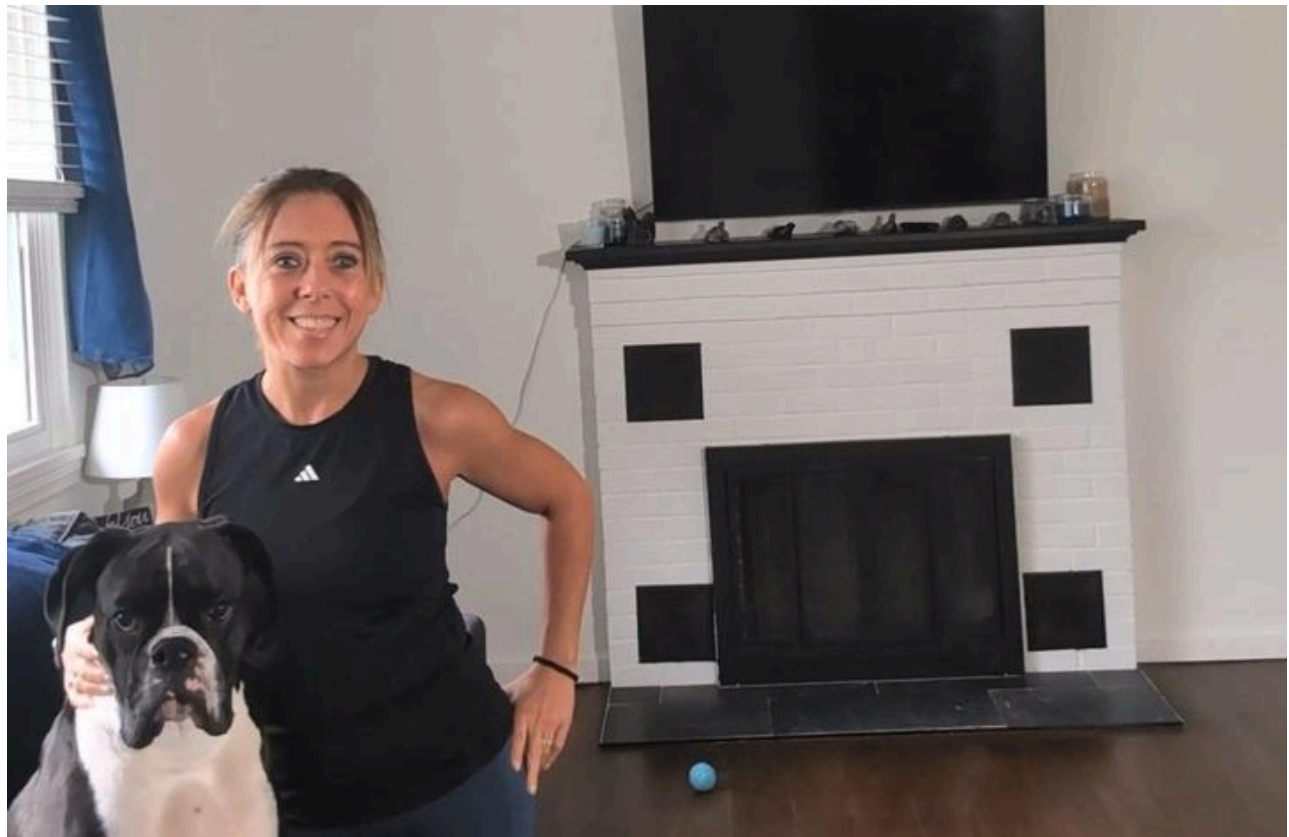


MONTHLY WORKOUT · SUMMER EDITION

FIT IT IN

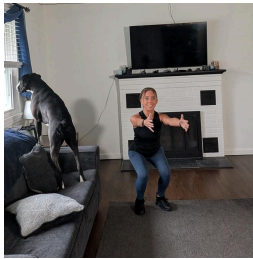
Three standalone 10-minute blocks you can do anywhere. Your living room, your backyard, a hotel room. No equipment. No gym. Do one block, do two, or stack all three for a full 30-minute session. Whatever your day allows counts.

10 MIN PER BLOCK	3 BLOCKS	2 MOVES EACH	5 ROUNDS
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01

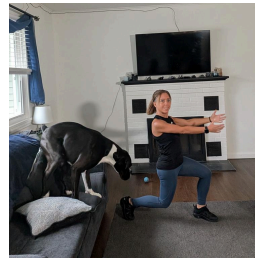
LOWER BODY



45S ON · 15S OFF

SQUAT

Feet hip-width apart, toes slightly out. Sit back and down, keeping your chest tall. Drive through your heels to stand. Modify: hold onto a chair for balance.



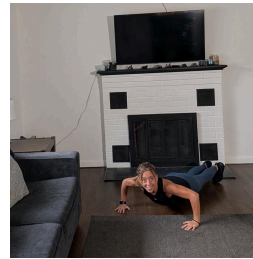
45S ON · 15S OFF

REVERSE LUNGE

Step one foot back, lower your back knee toward the floor. Return to standing and alternate legs. Keep your front knee stacked over your ankle.

02

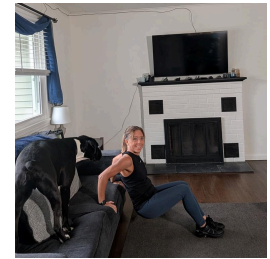
UPPER BODY



45S ON · 15S OFF

PUSH-UP

Hands slightly wider than shoulders. Lower your chest toward the floor, elbows at 45°. Modify: wall, counter, or knees — all count.



45S ON · 15S OFF

TRICEP DIP

Hands on the edge of a sturdy chair, fingers forward. Bend your elbows to lower, straighten to rise. Keep your back close to the chair throughout.

03

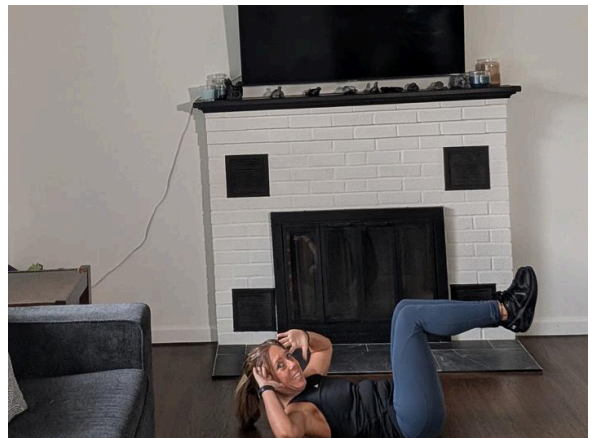
CORE



45S ON · 15S OFF

BIRD DOG

Start on hands and knees. Extend your right arm and left leg simultaneously, hold for a breath, return with control. Alternate sides. Move slowly. This is core work, not cardio.



45S ON · 15S OFF

KNEE UP CRUNCH

Lie on your back, hands behind your head, knees bent. Lift your shoulders off the floor and draw your knees toward your chest at the same time. Lower with control and repeat.

FROM THE COACH

FIT IT IN. WHEREVER YOU ARE.

Here's the truth nobody says out loud: the workout you do for ten minutes is worth infinitely more than the one you keep putting off until you have thirty.

July is the month that breaks routines. Vacations, kids home, schedules that look nothing like June's. So instead of fighting it, I built this month's workout around it. Three blocks of ten minutes each. Do one when you wake up, one at lunch, one before dinner. Or stack them all before the day gets away from you. Either way, you showed up.

All bodyweight, no equipment. These moves work just as well in an air-conditioned living room on a 90-degree day as they do on the back deck in the morning cool. On the nice days take it outside. On the hot ones stay in and get it done anyway.

Block 3 is my personal favorite. Bird Dog and Knee Up Crunch look simple. They are not. Done with control and intention they will build the deep core strength that supports everything else you do. Give them the respect they deserve.

— *Rebecca*

BUILD THE HABIT OVER 4 WEEKS

<p>WEEK 1 ONE BLOCK A DAY. Pick the same time each day. Build the habit before you build the volume.</p>	<p>WEEK 2 TWO BLOCKS A DAY. Add a second block at a different time. Morning and evening works well.</p>	<p>WEEK 3 ALL THREE BLOCKS. Stack them or spread them. Thirty minutes, however you get there.</p>	<p>WEEK 4 GO SLOWER. Slow every rep down. More control, more time under tension, more results.</p>
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