

# 10 Day Challenge:

Lazy summer days are over— fall back into a fitness routine with this 5 day workout of 5 foundational exercises.



Perform exercises in a row, taking breaks as needed (especially on the dips!). Rest 60 seconds. Repeat up to 3X

## Curtsy Lunge



## Tricep Dip

## Bodyweight Squat



## Up-Down Plank

## 1-leg Hip Thrust



Day 1:   
 50 Curtsy Lunge (25/leg)  
 30 Dips  
 50 Squats  
 30-sec Up-Down Plank  
 50 1-leg Hip Thrusts (25/leg)

Day 2:   
 60 Curtsy Lunge (30/leg)  
 40 Dips  
 60 Squats  
 40-sec Up-Down Plank  
 60 1-leg Hip Thrusts (30/leg)

Day 3:   
 70 Curtsy Lunge (35/leg)  
 50 Dips  
 70 Squats  
 50-sec Up-Down Plank  
 70 1-leg Hip Thrusts (35/leg)

Day 4:   
 80 Curtsy Lunge (40/leg)  
 60 Dips  
 80 Squats  
 60-sec Up-Down Plank  
 80 1-leg Hip Thrusts (40/leg)

Day 5:   
 90 Curtsy Lunge (45/leg)  
 70 Dips  
 90 Squats  
 70-sec Up-Down Plank  
 90 1-leg Hip Thrusts (45/leg)