

10 Minute Workout Checklist



Get All The Workouts You're Currently Doing:

It really doesn't matter what workouts you're doing. Well that's not entirely true. If you're only doing classes, then this won't work for you. However, if you're doing workouts outside of classes, then get your workouts together. If you need workouts and training, click here. I would love to help you.



Put Them In Any Order You Want

At this point, the order doesn't matter. At least it shouldn't. It really depends on if you're following a plan or not. But for our purposes, don't worry about order.



Pick A Couple Workouts You Want To Repeat

This is important. You must pick a couple (a few would be better) to repeat. If you don't repeat a workout once or three times, there is no (easy) way to see how you're improving.



Schedule Your Workouts

Even if your workouts are 90 minutes, you are going to do them in 10 minute chunks. Yes, this can be tough depending on the workout. However, write down in your schedule when you plan on working out. I recommend nearly everyday for the first 30 days. Also plan what days you should be able to stack 10 minute workout chunks. This is important because you HAVE to stack some days to achieve your goals. One 10 minute workout provides a base to build a habit.



Plan Your Repeat Workouts

You should have an idea of what workout "chunks" you want to repeat. Now schedule these workouts. To get started, it's easiest to plan them at the end of each week. The beginning is good too.



Follow The Plan

Now just stick to your schedule. You're doing 10 minute workouts because they're a good foundation. You're stacking some of them because that's how you push harder. You're repeating them because that's how you reach outside your comfort zone.

If you want help... a plan... to get your started. Join my 30 Day Body Burn Challenge. Not only do you get three plans, you get full workout videos... not just exercise demonstrations... FULL workout videos. 26 of them over 30 days to be exact. A workout book... nutrition challenges... and I'm there to personally help you every step of the way. It's about quality and I'm going to deliver for you!

