



Greenhouse

START YOUR WEEK OFF
RIGHT WITH OUR

10 MINUTE BLAST WORKOUTS



Full body Workout:

Beginner

4 exercises/3 sets

Set 1 - 40 seconds on each exercise

Set 2 - 30 seconds on each exercise

Set 3 - 20 seconds on each exercise

Take 1 minute rest between each set

BAdvanced

4 exercises/3 sets

Set 1 - 45 seconds on each exercise

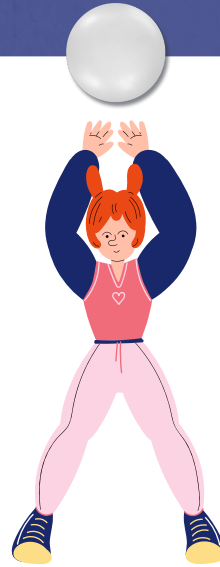
Set 2 - 35 seconds on each exercise

Set 3 - 25 seconds on each exercise

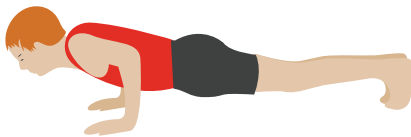
Take 30 secs rest between each set



Exercise 1
Body Squats



Exercise 2
Star Jumps



Exercise 3
Push ups



Exercise 4
Sit ups

Full body Workout:

Beginner

Set 1 - L1 (30 sec rest)

Set 2 - L1+L2 (30 sec rest)

Set 3 - L1+L2+L3 (30 sec rest)

Set 4 - L1+L2+L3+L4 (30 Sec rest)

Set 5 - L1+L2+L3+L4 +L5 (30 Sec rest)

Set 6 - L1+L2+L3+L4+L5+L6

Advanced

Set 1 - L1 (30 sec rest)

Set 2 - L1+L2 (30 sec rest)

Set 3 - L1+L2+L3 (30 sec rest)

Set 4 - L1+L2+L3+L4 (30 Sec rest)

Set 5 - L1+L2+L3+L4 +L5 (30 Sec rest)

Set 6 - L1+L2+L3+L4+L5+L6

Have 1 minute rest and start from set 6 back to set 1

Level 1
5 reps

Level 2
10 reps

Level 3
15 reps

Level 4
20 reps

Level 5
25 reps

Level 6
30 reps

