

WORKOUT ONE

Exercise Library			
Lower	Upper	Core	Power
Squat	Pushup	Plank	Lateral Jumps
Split Squat	Incline Pushup	Side Plank	Tuck Jumps
Forward Lunge	Decline Pushup	Reverse Crunch	Burpees
Reverse Lunge	Bench Dips	High To Low Planks	Jump Lunges
Lateral Lunge	Row	Bear Crawl	Jump Squats
Rear Foot Elevated Split Squat	Bicep Curl	Glute Bridge	Star Jumps
Deadlift / Hip Hinge	L Lateral Raise	DeadBug	

[UNB URec Exercise Videos](#)

Every Minute on the Minute

Set a timer for 10 minutes

Choose two exercises from our exercise list

Decide how many repetitions you want to perform within the minute

Start the clock! Perform exercise 1 followed by exercise 2 rest for the remaining minute

Minute 2 starts! Repeat your exercises again

Complete for 10 minutes

*Keep In mind that you can modify the length of the workout if you want. Play around with how many repetitions you will perform but remember you will want some rest!

