

10 MINUTE WORKOUT FORMULA

# **DROP 5-10 LBS IN JUST WEEKS... WHILE ACTUALLY HAVING FUN!**



**Lose Fat Fast Without Endless Cardio  
or Spending Hours at the Gym**

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# HEY BEAUTIFUL, LET'S GET REAL

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If you're over 30, you've probably tried at least one of these:

The treadmill marathon (aka “why is this machine moving slower than my life?”)

Bootcamps that left you so sore you couldn't laugh without pain

That one very questionable juice cleanse... (we don't talk about it anymore) 🍊 😅

Here's the truth: losing weight doesn't have to feel like torture.

You don't need to run like a hamster on a wheel. You don't need 2-hour gym sessions.

You just need a fun, smart, and short system that works with your body, not against it.

And babe, that's exactly what this ebook gives you.

# WHY THIS WORKS (THE SECRET SAUCE)

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This isn't magic. It's science mixed with a sprinkle of common sense and a dash of sass.

Here's the formula:

Short bursts of movement → kickstarts fat burn in minutes.

Whole body moves → more calories gone in less time.

Fun factor → when you love it, you'll actually do it.

That's why this is only 10 minutes a day — because let's be real, you've got better things to do (like binge your favorite show or finally drink your coffee while it's still hot).

## THE 10 MINUTE WORKOUT PLAN

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Schedule: 5 days a week (choose any days you like)

Time: Just 10 minutes (yes, that's less time than scrolling Instagram)

Equipment: Just you, comfy clothes, optional water bottle weights

Format: Move → Rest → Repeat



# DAY 1: FULL BODY FAT TORCH



[Workout Video](#)

SET : 2

30sec

**Jumping Jacks** (or low-impact side steps if your knees say “no thanks”)



[Workout Video](#)

SET : 2

REPS : 12

**Squats** (pretend you’re about to sit on a fancy throne 🎉)



[Workout Video](#)

SET : 2

REPS : 8

**Push-ups** (wall or knees — no ego here)



[Workout Video](#)

SET : 2

40sec

**Mountain Climbers** (slow march version if you’re not in the mood for cardio Olympics)



[Workout Video](#)

SET : 2

REPS : 12

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**Glute Bridges** (lie down, lift those hips like you're showing off new jeans)

# DAY 2: DANCE PARTY (MY FAVORITE!)



## SAMPLE WORKOUT VIDEO

### INSTRUCTIONS:

Put on your favorite guilty pleasure playlist. Dance around like nobody's watching (bonus points if your kids or dog look at you funny). Side Step Squats to the beat. Arm Circles like you're Beyoncé warming up. Hip Twists shake it, don't break it. Freestyle dance again like it's prom night. Repeat twice. Sweat? Yes. Fun? Double yes.

### FOLLOW ALONG:

- Pick 3 of your favorite **upbeat songs** (around 3 minutes each).
- **Dance your heart out** during each song (freestyle, side steps, arm swings, hip twists—anything goes).
- **Rest 30–60 seconds** between songs to catch your breath and sip water.
- **Total Time:** ~10 minutes



**💡** That's it—no sets, no reps, just moving to the music you love

# 🌟 DAY 3 : CORE + CARDIO

(LOW IMPACT FRIENDLY)



[Workout Video](#)

**SET : 2**

**REPS : 15**

**Standing Knee Lifts** each leg (march with purpose, queen 🤩)



[Workout Video](#)

**SET : 2**

**REPS : 12**

**Side Leg Lifts** per side (balance + booty burn)



[Workout Video](#)

**SET : 2**

**20-30sec**

**Plank Hold** (elbows, knees, or couch-supported – it all counts)



[Workout Video](#)

**SET : 2**

**REPS : 10**

**Seated Russian Twists** each side (pretend you're wringing out stress)



[Workout Video](#)

**SET : 2**

**REPS : 15**

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**Step Touch + Arm Reach (add jazz hands for fun)**

# ❤️ DAY 4 : POWER WALK INTERVALS



## FOLLOW ALONG:

- Find a safe place to walk (outside, park, or treadmill).
- Walk briskly for 1 minute.
- Speed up for 30 seconds (swing arms, walk like you're on a mission 🚀).
- Alternate this cycle for 10 minutes total.
- Cool down with 1–2 minutes easy walking.



Quick, easy, and energizing—just you, your steps, and 10 minutes to feel amazing.



# DAY 5: STRENGTH & SCULPT



[Workout Video](#)

SET : 2

REPS : 20

**Sit-to-Stand from a Chair** (yes, literally sitting down and getting up = a workout)



[Workout Video](#)

SET : 2

REPS : 8

**Wall Push-ups** (arms of steel incoming)



[Workout Video](#)

SET : 2

REPS : 12

**Standing Side Crunches** each side  
(obliques, baby)



[Workout Video](#)

SET : 2

REPS : 12

**Glute Kickbacks** each leg (aka “booty lift express”)



[Workout Video](#)

**SET : 2**

**REPS : 15**

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**Calf Raises** (rock those heels later with confidence)



## BONUS FUN WORKOUTS (SO GOOD, YOU'LL FORGET IT'S EXERCISE)

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### 1. Kitchen Groove

While waiting for dinner to cook, do:

10 squats

20 arm circles

Freestyle dance until timer beeps

(Yes, cooking = workout time too.)

### 2. Clean the House Workout

Vacuum lunges. Dish-washing calf raises. Laundry basket squats. You'll be shocked how many calories you can torch while multitasking.

### 3. Commercial Break Moves

Watching Netflix? Every time credits roll, do 10 jumping jacks, 10 squats, or just wiggle around for 1 minute. You'll barely notice the effort.

### 4. Walk & Talk

Call your best friend, put your headphones in, and walk while catching up. Boom—10 minutes gone, calories burned, friendship fueled.

# STAYING MOTIVATED (EVEN ON TIRED DAYS)

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Let's be honest—some days you're just tired, busy, or not feeling it. And that's totally normal! The key isn't about being perfect; it's about finding ways to keep going, even on low-energy days.

Here's how to make it easier—and actually enjoyable:

## **1. Pair Workouts with Music or Podcasts You Love**

Put on your favorite playlist or podcast and let it carry you through. Music makes movement fun, and a podcast can distract you from thinking, “Ugh, I don’t want to do this.”

## **2. Keep It Short**

Your workouts are just 10 minutes. That's it. Short workouts are easier to commit to, even when you feel lazy or tired.

## **3. Track Your Progress**

Notice small wins—they add up.

Take photos, check how your clothes fit, or track your energy levels.

Celebrate even tiny victories like fitting more comfortably in your favorite jeans or feeling stronger in a squat.

## 4. Find Accountability

Let someone know you're doing it.

Text a friend after your workout: "Done ✅"

Even virtually, having someone cheer you on makes it easier to stay consistent.

## 5. Reward Yourself

Rewarding yourself isn't just about food.

Treat yourself to new leggings, a relaxing bubble bath, or a guilt-free binge of your favorite show.

It helps you feel good and keeps motivation high.

### 💡 Remember:

Some days will be easy, others not so much. That's okay. Small, consistent actions matter more than perfection. Show up, do your 10 minutes, and celebrate the little wins — you've got this!



## Final Pep Talk

Listen, queen: you are NOT broken. You don't need to suffer to look and feel amazing.

You just need 10 minutes a day.

That's it.

And remember—if all else fails, just put on Shakira and dance around your living room. Because hips don't lie... and neither does the scale when you stay consistent. 😊