



# 10-Minute Bodyweight Workouts for Busy Professionals



**By Fithealthitude**



## Main objective

- Provide a quick and effective full-body workout.
- Improve strength, endurance, and flexibility.
- Boost energy levels and reduce stress.
- Promote overall health and well-being.
- Accommodate busy schedules with a time-efficient routine.

# 10-Minute Bodyweight Workouts

1

## Jumping Jacks



**How to Do**

1 Set of 60 sec

**Note:** Warm-up

**2**

## **Push-ups**



### **How to Do**

**3 Set of 10-15 Reps, 45 sec**

**Note: Rest 15-sec, Modify  
as needed**

**3**

## Squats



### How to Do

3 Set of 12-15 Reps, 45 sec

**Note:** Rest 15-sec, Maintain proper form

4

## Plank



**How to Do**

**3 Set of 45 sec**

**Note: Rest 15-sec, Engage  
core muscles**

**5**

## **Lunges**



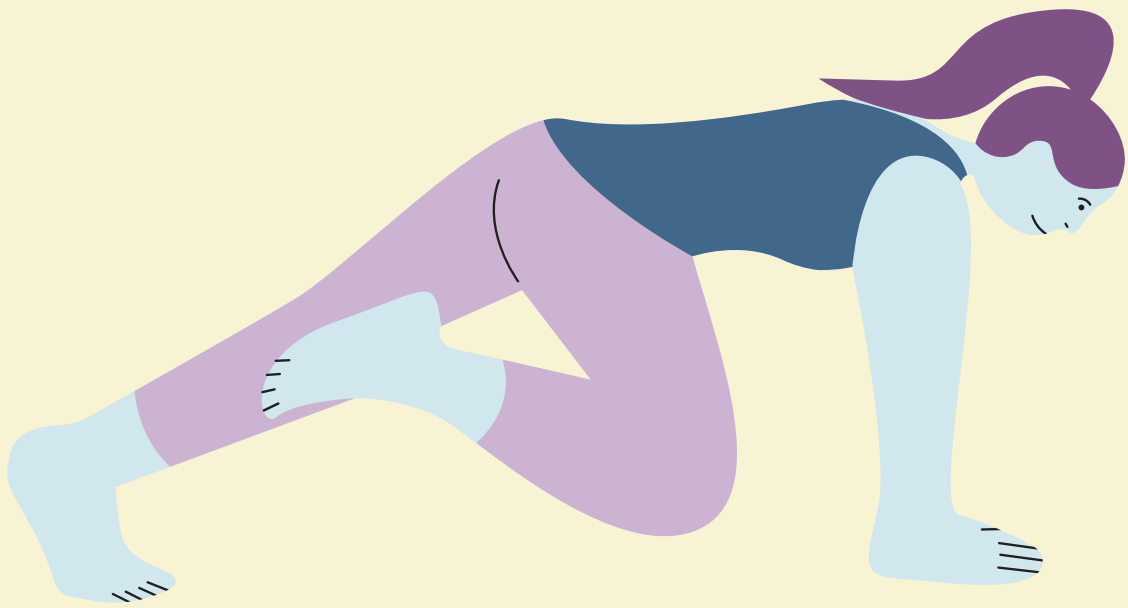
### **How to Do**

**3 Set of 10-12 Reps Each Leg, 45 sec**

**Note: Rest 15-sec,  
Alternate legs**

**6**

## **Mountain Climbers**



### **How to Do**

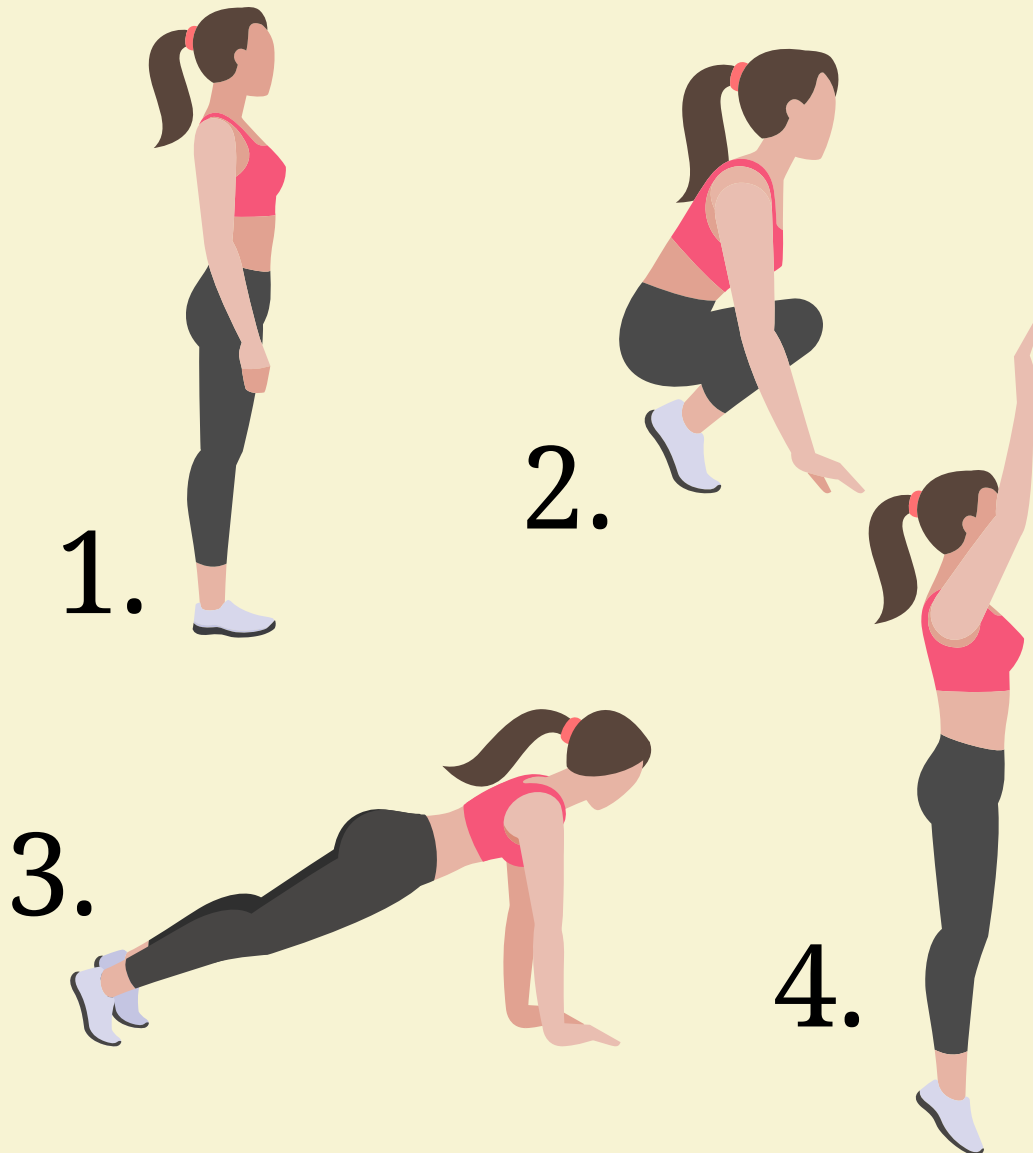
**3 Set of 20-30 Reps, 45 sec**

**Note: Rest 15-sec, Cardio and core workout**



7

## Burpees



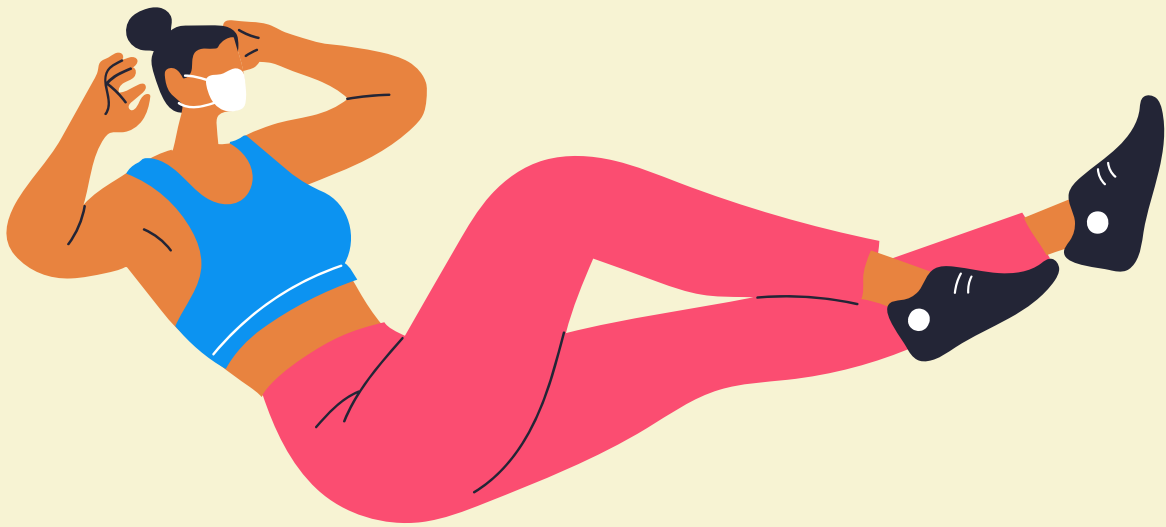
### How to Do

3 Set of 8-10 Reps, 45 sec

**Note:** Rest 15-sec, High-intensity full-body exercise

**8**

## **Bicycle Crunches**



**How to Do**

**3 Set of 15-20 Reps, 45 sec**

**Note: Rest 15-sec,  
Engage obliques**

**9**

## **High Knees**



**How to Do**

**3 Set of 45 sec**

**Note: Rest 15-sec, Cardio and lower body**

**10**

## Stretching



**How to Do**

**1-2 min**

**Note: Cool-down**



## Conclusion

- Remember to focus on quality over quantity for each exercise.
- Stay consistent with your workouts to see improvements over time.
- Listen to your body and adjust exercises as needed to prevent injury.
- Make physical activity a priority, even with a busy schedule.
- Enjoy the benefits of feeling stronger, more energized, and healthier overall.