



Ultimate 10 Minute
Workouts
For
Busy Women



Hello!

Hi, I'm Amy Oldfield and I'm the owner of Empowered Fitness. Thank you for downloading my free eBook – here it is! Firstly, let me congratulate you on taking the first important step towards achieving your health and fitness goals. And secondly, start getting excited because these workouts are not only going to transform the way you approach exercise, but they are going to transform your body and fitness levels too. I can't wait to share with you my secrets for getting fit in just 10 minutes a day.

Be sure to read every word of this eBook right to the end because the information I am about to share with you is invaluable AND I have a free gift just for you to take advantage of. If, like so many people I work with, you are looking for the answer to fitting exercise in to your busy life and a permanent solution to your weight loss problems, please give me call. I really look forward to hearing from you.

Your health is the most important thing you have, protect it.



Amy Oldfield
Owner at Empowered Fitness



Client Success Story

Amy, 28 (Bath)



I've never been one of those 'sporty' people, so when I found myself signing up to a grueling obstacle run with some work friends I thought I needed my head testing! I knew I was going to need some help to get through the challenge I had set myself. So I contacted Amy – and I'm so glad I did!

I've been really pleased with every six week review; with my fitness and body shape changing all of the time! From my first visit Amy has been supportive, encouraging and understanding; and imparts her knowledge without being unapproachable or patronising. I completed my initial challenge but am setting new goals – and with Amy as my PT I know I can achieve them.

I chose to have semi private training sessions which has been great for me. The other ladies I train with are similar minded, not gym bunnies, and provide that additional level of support and motivation – it almost feels like meeting up with friends to have a bit of laugh (whilst winging and sweating a lot!)

Amy is somehow able to make exercise fun; and this is coming from someone who never thought she'd say that. I'd advise anyone to put any doubts to the back of your mind and take the jump – it'll be worth it.

Why these exercises work!

Now just because these workouts are only 10 minutes long doesn't mean that they are going to be easy or ineffective in your fitness journey. I have created these workouts using my high intensity training method, which combines the very best in fitness, fat loss & muscle toning. There are strength training workouts for your upper body, lower body and core, as well as HIIT (High Intensity Interval Training) workouts, so you have a variety of choices depending on what your body wants or needs for the day.

So many people think that to get fit, lose fat and burn calories they need to do long cardio sessions. However, HIIT and resistance training has shown to not only make you burn calories during your workout, but it also creates metabolic changes in your body making you burn calories and fat for hours after. That's why these workouts are so effective.

Your 10 Minute Workouts

One of the biggest challenges I hear about when people tell me they want to get fit is that they don't have the time to workout. That's why I have developed this series of awesome, effective and time saving workouts! They are only 10 minutes long, and either use no equipment at all or a few bit of kit you can easily pick up for training at home. This means you now have workouts available to you that you can do anywhere at anytime! I want to teach you these tools so that no matter what is going on in your hectic life, you can still workout and feel great.

What you'll need:

Watch / Interval timer
Light dumbbells (for some workouts)
Workout clothes
Water
An attitude to work hard!

Warm up sequence:

Complete this warm up before every workout.

Squats x 15
Jumping jacks x 20
Lunges x 20
Mountain climbers x 30
Press ups x 10

Lower Body Workout 1:

Dumbbell deadlift x 45 secs
Dumbbell squat x 45 secs
Single leg deadlift x 45 secs each side
Glute bridge hold x 30 secs
Rest 15 secs between exercises
Rest 1 minute between rounds
Complete 2 rounds

Lower Body Workout 2:

Glute bridge x 60 secs
Sumo squat x 60 secs
Reverse lunge x 60 secs
Narrow squat x 60 secs
Squat wall hold x 30 secs
Rest 1 minute
Complete 2 rounds

Upper Body Workout 1:

Push plank (alternating) x 10
Superman x 10
Tricep dip x 10
Side plank rotation x 6 each side
Rest 1 minute
Complete 3 rounds

Upper Body Workout 2:

Narrow press up x 10 reps
Renegade row (alternating) x 8 reps
Military press x 10 reps
Bentover row x 10 reps
Rest 1 minute
Complete 3 rounds

HIIT Workout 1:

Burpee x 45 secs
Press ups x 45 secs
Forward lunge x 45 secs
Mountain climbers x 45 secs
Rest 15 secs between exercises
Rest 1 minute
Complete 2 rounds

Core Workout 1:

Front plank x 30 secs
Side plank (left) x 30 secs
Side plank (right) x 30 secs
Reverse plank x 30 secs
Rest 1 minute
Complete 2 rounds

Mountain climbers x 30 reps
Leg raises x 12 reps
No rest between rounds
Complete 2 rounds

Stretches:

And don't forget the all important cool down after your workout.
Hold each stretch for 15 seconds.

Chest
Shoulders
Abs
Triceps
Hamstrings
Glutes
Quads

HIIT Workout 2:

Ice skater x 20 secs
Jumping squat x 20 secs
High knee jogging x 20 secs
Push plank x 20 secs
Rest 10 secs between exercises
Complete 2 rounds
Rest 1 minute between rounds
Complete circuit again for a second time

Core Workout 2:

Side plank rotation (left) x 20 sec
Superman x 20 secs
Side plank rotation (right) x 20 secs
Butterfly kicks x 20 secs
Rest 10 secs between exercises
Complete 2 rounds without rest

Press ups (3 secs down, 3 secs up) x 8
Front plank leg lifts x 10
Rest 30 secs
Complete 3 rounds

Exercise Library

Bentover Row



Butterfly Kicks



Burpee



Dumbbell Deadlift



Dumbbell Squat



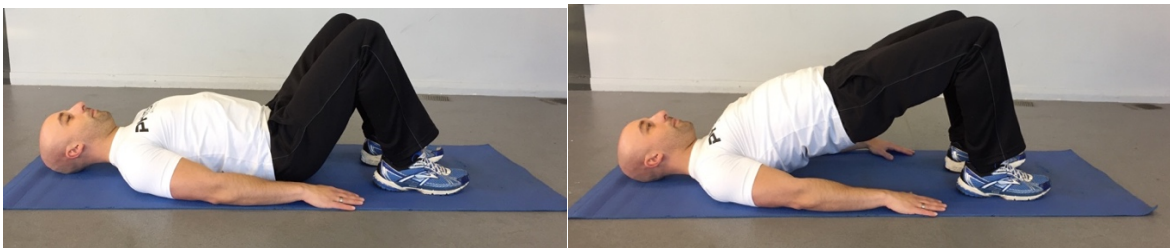
Front Plank



Front Plank Leg Lifts



Glute Bridge



Glute Bridge Hold



High Knee Jogging



Ice Skater



Jumping Jack



Leg Raises



Lunge



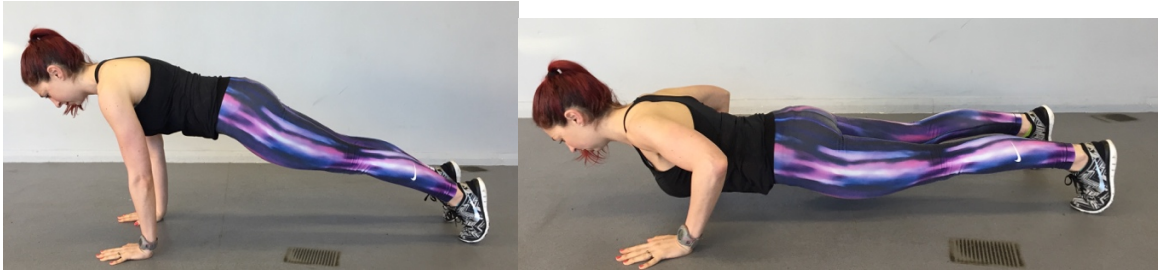
Mountain Climbers



Military Press



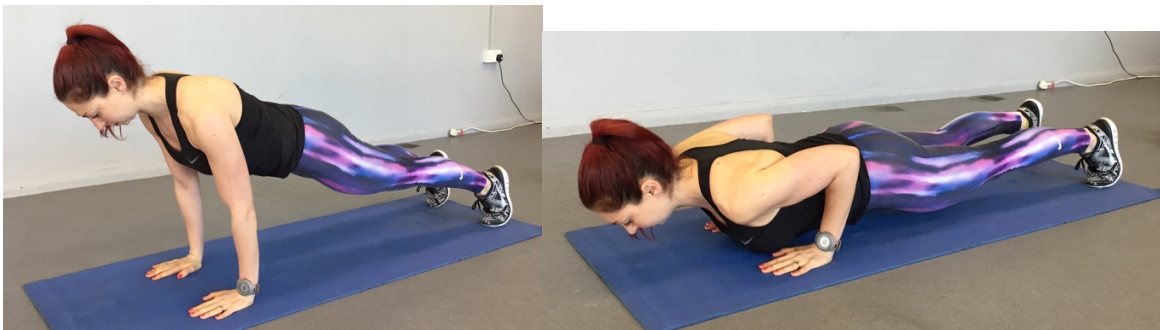
Press up (full)



Press up (on knees)



Press up (narrow grip)



Push Plank



Reverse Plank



Renegade Row



Side plank



Side plank rotation



Single Leg Deadlift



Squat (sumo)



Squat (standard)



Squat (narrow)



Squat Wall Hold



Superman



Tricep dip

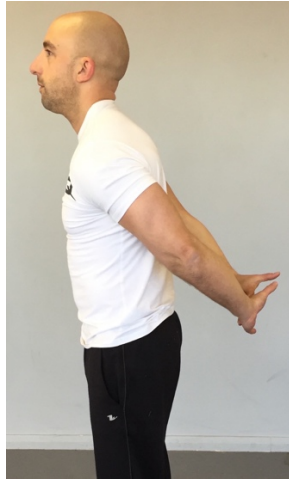


Stretches

Deltoids (shoulders)



Pectorals (chest)



Triceps



Abdominals
(tummy)



Quads / Hip flexors (thighs)



Glutes / Hips



Hamstrings / Calves



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