

# Ten-Minute Workouts to Kick Your Ass




Also featuring: Make you a badass and give you a nice ass!

Life is hard.

In fact, it takes up ALL OF YOUR TIME.



You try to get to the gym and cross train because you know it's important but:




- Your spawn(s) are covered in lice or germs or ear aches or something.
- It costs money. Like a lot of money. Money you could use to support your derby habit.
- You work for a goddamn living.
- Practice was late and now you're tired.
- Some or all of the above.

On the days when you can't quite make the gym, find 10 minutes in your day and squeeze in one of these workouts. No additional warm-up or cooldown needed! If equipment is needed, it's listed in the explanation under each exercise name. Workouts with this icon (  ) are 9 month injury friendly!

## #1 -- Wake Up, Glutes!!


This workout is gentle enough that it acts as it's own warm-up and cooldown. But don't be fooled. Your glutes will be burning by the end. EQUIPMENT NEEDED: theraband (although you can do most of these exercises without it).

EXERCISES	NOTES
<b>Clamshell</b> 	<b>8-12 reps per leg</b>
	Add a theraband around your legs, just below the knee for additional resistance.
	Avoid allowing your hips to shift; they should stay perpendicular to the floor
<b>Glute Bridge</b> 	<b>8-12 reps</b>
	Increase difficulty by doing a <a href="#">single leg glute bridge</a>
	Avoid allowing your hips to shift; keep them level.
	<i>IF YOU ARE PREGNANT:</i> This can be an uncomfortable position if you are far along. Listen to your body; stop if needed.


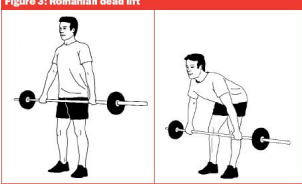
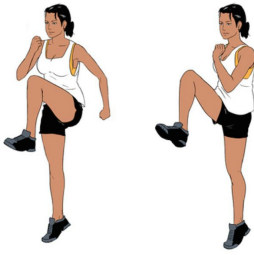
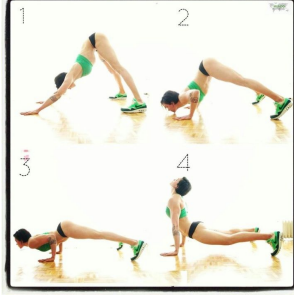
<p><b>Reverse Clamshell</b></p> 	<p><b>8-12 reps per leg</b></p> <p>Add a theraband around your legs, just above the ankle for additional resistance.</p> <p>Avoid allowing your hips to shift; they should stay perpendicular to the floor.</p> <p>When lifting your heel toward the ceiling, don't let your knee drop down towards the ground. The movement should originate from your hip, not your knee or ankle.</p>
<p><b>Glute Kickback</b></p> 	<p><b>8-12 reps per leg</b></p> <p>Add a theraband around your legs, just above the knee for additional resistance.</p> <p>Avoid allowing your hips to shift; they should stay parallel to the floor.</p> <p>You can keep your lifted leg bent at a 90 degree angle or you can straighten it out. Keep your back neutral, don't raise your knee above the level of your back.</p>
<p><b>Monster Walks</b></p> 	<p><b>8 steps in each direction</b></p> <p>Stay in your derby stance the whole time.</p> <p>The lower the band is on your legs, the greater resistance you'll have.</p>

## #2 -- Quick Cardio Circuits



This workout is high intensity, but includes a quick warm-up and cooldown. EQUIPMENT NEEDED: stopwatch

EXERCISES	NOTES
<p>A1) <b>Boxer Shuffle</b></p> 	<p><b>20 seconds</b></p> <p>Warm-up move; start slow</p> <p>Get your heart rate up and loosen up those muscles and joints!</p>




<p><b>A2) Prisoner Squat</b></p> 	<p><b>20 seconds</b></p> <p>Warm-up move; keep our squats slow and shallow as you warm-up</p> <p>Keep your core tight and braced to support yourself through the movement.</p>
<p><b>A3) Broomstick RDL</b></p> <p><small>Figure 3: Romanian dead lift</small></p> 	<p><b>20 seconds</b></p> <p>Warm-up move; keep your movement shallow as you warm-up</p> <p>Complete by running your hands down the front of your legs, if you are not using a broomstick</p> <p>Stop when you feel a “catch” in your hamstring</p>
<p><b>Repeat group A</b> (for a total of 2 rounds of boxer shuffle, prisoner squats, good mornings)</p>	
<p><b>B1) High Knees</b></p> 	<p><b>20s on, followed by 10s rest before moving to next exercise</b></p> <p>Keep core tight and back straight</p> <p>Use your arms to help you balance and power through move</p> <p>Try to bring your knee above the line of your hips</p>
<p><b>B2) Divebombers</b></p> 	<p><b>20s on, followed by 10s rest before moving to next exercise</b></p> <p>Speed isn't the issue here, focus on form.</p> <p>If you feel like your face is about to ram into the floor, you can do <a href="#">this variation</a>.</p> <p>If you have shoulder problems or instability, try the above variation. If that's still too much, try <a href="#">this modification</a>. (Just make sure to switch direction halfway through.)</p>
<p><b>B3) Side Hops</b></p>	<p><b>20s on, followed by 10s rest before moving to next exercise</b></p> <p>Go as quickly as you can under control</p>



	<p>Lay down a jump rope, towel, or find a line on the floor at your house.</p>
	<p>Keep your head up as you hop!</p>
<p><b>B4) <u>1-legged Wall Sit</u></b></p>	<p><b>20s on, followed by 10s rest before moving to next exercise</b></p>
	<p>Make sure you alternate legs each time!! You should do two rounds on each leg by the end of the workout.</p>
	<p>If this move is difficult for you, try lowering yourself into a full wall sit and lifting one leg just an inch or two off the ground.</p>
	<p>Stick with the full wall sit, if this is impossible.</p>
<p><b>Repeat group B twice</b> (for a total of 3 rounds of high knees, divebombers, side hops, and 1-legged wall sit)</p>	
<p><b>C1) Boxer Shuffle</b></p>	<p><b>30s</b></p>
	<p>Slowly bring your heart rate down</p>
<p><b>C2) Leg Stretches</b></p>	<p><b>90s</b></p>
	<p>Choose your favorite stretches and squeeze them in.</p>
	<p>Stretch for longer if you've got time!</p>

### #3 -- Butts, Butts...

Jog in place for a minute as warm-up. Just wiggle around and get everything warmed up. Complete these exercises as quickly as possible with good form and time how long it takes you to complete. Now you have a score to beat! **EQUIPMENT NEEDED:** stopwatch

EXERCISES	NOTES
<p><b><u>Reverse Lunge</u></b></p>	<p><b>10 reps per leg</b></p>
	<p>From a standing position, step back with one leg until you are in a lunge and then return to standing.</p>
	<p>Focus on pushing through your “standing” leg and contracting that</p>



	glute as you stand. If you want to make it harder, elevate your “standing” leg on a bench or step!
<b>Glute Bridge</b> 	<b>15 reps</b>
	Avoid allowing your hips to shift; keep them level.
	<i>IF YOU ARE PREGNANT:</i> This can be an uncomfortable position if you are far along. Listen to your body; stop if needed.
<b>Prisoner Squat</b> 	<b>10 reps</b>
	Feet shoulder width apart, turn toes out slightly (if needed). Brace core tightly.
	Avoid leaning forward (do them against a wall, if that is a problem for you).
<b>Bodyweight T</b> 	<b>15 reps</b>
	Keep your arms out to the side, so that they form a “T” with your torso.
	Squeeze your shoulder blades together.
	<i>IF YOU ARE PREGNANT:</i> Do this arm motion from a standing position.
<b>Knee-to-Chest Crunch</b> 	<b>10 reps per leg</b>
	Lie face down on the ground. Lift your arms and legs off the ground by squeezing your hips and shoulder blades towards each other.
	Keep a neutral spine by keeping your eyes cast down towards the ground, not tilting your head forward or back.
	<i>IF YOU ARE PREGNANT:</i> Skip this exercise.
<b>Complete 3 circuits and record your time!</b>	

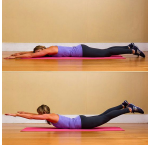


## #4 -- And More Butts

Jog in place for a minute as warm-up. Just wiggle around and get everything warmed up. Complete these exercises as quickly as possible with good form and time how long it takes you to complete. Now you have a score to beat! EQUIPMENT NEEDED: stopwatch



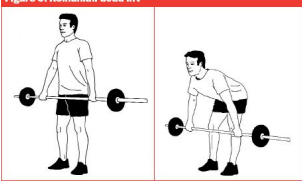
EXERCISES	NOTES
<p><b><u>Side Plank</u></b></p> 	<p><b>20 seconds per side</b></p> <p>Keep your body in a straight line all the way from your head to your toes. (Do these in front of a mirror, if you can!)</p> <p>Brace your core tightly, as you exhale, try to draw your hip bones together. (You can't, but it's a good way to focus what your whole core is doing.)</p>
<p><b><u>Single Leg Glute Bridge</u></b></p> 	<p><b>10 reps per leg</b></p> <p>Set up for a normal glute bridge and simply lift one leg off the ground. Keep your core braced and push through the glute.</p> <p>Avoid allowing your hips to shift; keep them level.</p> <p><i>IF YOU ARE PREGNANT:</i> This can be an uncomfortable position if you are far along. Listen to your body; stop if needed.</p>
<p><b><u>Prisoner Squat</u></b></p> 	<p><b>10 reps</b></p> <p>Feet shoulder width apart, turn toes out slightly (if needed). Brace core tightly.</p> <p>Avoid leaning forward (do them against a wall, if that is a problem for you).</p> <p>Complete as quickly as possible with good form.</p>
<p><b><u>Shin Box</u></b></p> 	<p><b>10 reps per leg</b></p> <p>Sit on the ground and set-up with one leg behind you and the other crossed in front, with both bent at the knees.</p> <p>Push up to kneeling by contracting your glutes. Lower back down to sitting and repeat.</p> <p>Recommend a soft surface to protect your knees. <b>DO NOT WEAR KNEEPADS!!</b></p>



<p><b>Supersperson</b></p> 	<p><b>10 reps</b></p>
	<p>Lie face down on the ground. Lift your arms and legs off the ground by squeezing your hips and shoulder blades towards each other.</p>
	<p>Keep a neutral spine by keeping your eyes cast down towards the ground, not tilting your head forward or back.</p>
	<p><i>IF YOU ARE PREGNANT:</i> Skip this exercise.</p>
<p><b>Complete 2 circuits and record your time!</b></p>	

## #5 -- The Squat Challenge

This workout is high intensity, but includes a quick warm-up and cooldown. EQUIPMENT NEEDED: stopwatch

EXERCISES	NOTES
<p><b>A1) <u>Boxer Shuffle</u></b></p> 	<p><b>20 seconds</b></p>
	<p>Warm-up move; start slow</p>
	<p>Get your heart rate up and loosen up those muscles and joints!</p>
<p><b>A2) <u>Prisoner Squat</u></b></p> 	<p><b>20 seconds</b></p>
	<p>Warm-up move; keep our squats slow and shallow as you warm-up</p>
	<p>Keep your core tight and braced to support yourself through the movement.</p>
<p><b>A3) <u>Broomstick RDL</u></b></p> <p><small>Figure 3: Romanian dead lift</small></p> 	<p><b>20 seconds</b></p>
	<p>Warm-up move; keep your movement shallow as you warm-up</p>
	<p>Complete by running your hands down the front of your legs, if you are not using a broomstick</p>
	<p>Stop when you feel a “catch” in your hamstring</p>
<p><b>Repeat group A</b></p>	





(for a total of 2 rounds of boxer shuffle, prisoner squats, good mornings)

### **Jump Squats**



**45s on, followed by 15s rest**

Keep core tight and back straight

Lower yourself as far as you can and power up as high as you can.

Land softly and immediately explode back in your jump. Rest if you need to, but get back into it as soon as you can go hard again.

### **Bulgarian Split Squat LEFT LEG**



**1 minute**

Go as quickly as you can with good form. If this variation is too challenging, you can lower the rear leg to the floor

Keep your torso upright and your core braced as you lower down.

The knee of your working leg should track over your toes and not cave in toward the arch of your foot. Keep an eye on it! If it starts to cave in, lower your rear leg to floor and shorten up your range of motion.

### **Bulgarian Split Squat RIGHT LEG**



**1 minute**

Go as quickly as you can with good form. If this variation is too challenging, you can lower the rear leg to the floor

Keep your torso upright and your core braced as you lower down.

The knee of your working leg should track over your toes and not cave in toward the arch of your foot. Keep an eye on it! If it starts to cave in, lower your rear leg to floor and shorten up your range of motion.

### **Curtsy Lunge + Kick LEFT LEG**




**1 minute**

Go as quickly as you can with good form. If this variation is too challenging, you can lower the rear leg to the floor

Keep your torso upright and your core braced as you lower down.





<p>Curtsy Lunge Kick Legs</p> 	<p>Try to get your leg action to mimic what you're doing in a crossover.</p>
<p><b>Curtsy Lunge + Kick</b> <b>LEFT LEG</b></p> <p>Curtsy Lunge Kick Legs</p> 	<p><b>1 minute</b></p> <p>Go as quickly as you can with good form. If this variation is too challenging, you can lower the rear leg to the floor</p> <p>Keep your torso upright and your core braced as you lower down.</p> <p>Try to get your leg action to mimic what you're doing in a crossover.</p>
<p><b>1-legged Wall Sit</b></p> 	<p><b>30 seconds on each leg</b></p> <p>Make sure you alternate legs each time!! You should do two rounds on each leg by the end of the workout.</p> <p>If this move is difficult for you, try lowering yourself into a full wall sit and lifting one leg just an inch or two off the ground.</p> <p>Stick with the full wall sit, if this is impossible.</p>
<p><b>COOLDOWN!</b></p>	
<p><b>C1) Boxer Shuffle</b></p>	<p><b>30s</b></p> <p>Slowly bring your heart rate down</p>
<p><b>C2) Leg Stretches</b></p>	<p><b>90s</b></p> <p>Choose your favorite stretches and squeeze them in.</p> <p>Stretch for longer if you've got time!</p>

