

# weightwatchers

## 10-minute time crunch training fitness kit

10-Minute Time Crunch Training is designed to fit into your busy schedule. We put together five effective 10-minute exercise segments that when taken together, work your total body. You can do one workout at a time, or mix and match them to fit your goals for the day. Each routine features beginner and advanced options to modify the movements—making it perfect for any level of fitness.

### product highlights

- Mix and match your workouts with 10-minute segments:
  - Upper Body
  - Lower Body
  - Total Body
  - Core
  - Interval Training
- Perfect for any level of fitness!



fitness