

THE 20 MINUTE WORKOUT

SET A TIMER FOR 20 MINUTES AND GO THROUGH THIS WORKOUT AS MANY TIMES AS YOU CAN. TAKE BREAKS AS NEEDED!

SQUAT TO
PRESS

20
REPS



PLANK
SINGLE ARM
ROWS

20
REPS
per side



GLUTE RAISE
W/ TRICEPS
EXTENSIONS

20
REPS



BACK LUNGE
TO HOP

30
REPS
(15 per
side)



RUSSIAN
TWISTS

40
REPS

