

20-MINUTE TOTAL BODY WORKOUT

Repeat each round for 5 minutes

ROUND 1

- | | | | |
|--------------------|--------------------------|--------------------------|--------------------------|
| Jumping Jacks x 20 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Push Ups x 10 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Squats x 10 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| In-N-Out Abs x 15 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

ROUND 2

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|---------------------|--------------------------|--------------------------|--------------------------|
| Jump Rope x 50 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tricep Dips x 10 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Lunges x 10 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Russian Twists x 20 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

ROUND 3

- | | | | |
|----------------------|--------------------------|--------------------------|--------------------------|
| High Knees x 20 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Push Ups x 10 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Side Leg Raises x 20 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Plank Hold x 20 sec | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

ROUND 4

- | | | | |
|-------------------------|--------------------------|--------------------------|--------------------------|
| Burpees x 5 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tricep Dips x 10 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Butt Pulses x 20 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Straight Leg Drops x 10 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |