



20 Minute No Equipment Workout

Warm up for 5 minutes as:

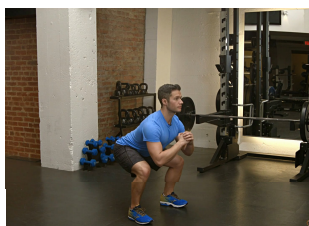
- 1 minute Butt Kicks
- 1 minute Jumping Jacks
- 1 minute Ice Skaters
- 1 minute Fast feet
- 30 seconds little squats

Perform all the exercises from the list below twice. After finishing your first set, rest for 60 seconds and start your second set. Remember to stretch at the end of both sets.

Superset of 2 rounds

	Body Weight Squat	1 min	2 sets. Finish all exercises first and come back to the top
	Rest for 10 sec		
	Squat Jump	1 min	2 sets
	Rest for 30 sec		
	Dumbbell Step Up	1 min	2 60 seconds R and L leg. You can perform the step ups with out weight on hand
	Rest for 10 sec		
	Mountain Climber	1 min	2 sets
	Rest for 30 sec		
	Wall Sit	1 min	2 You can hold a weight in front of you so your core works as well
	Rest for 10 sec		
	Plank To Push Up	1 min	2 sets
	Rest for 10 sec		
	Burpee	1 min	2 sets
	Rest for 30 sec		
	Single Leg Glute Bridge	1 min	2 / 60 seconds for each leg
	Rest for 10 sec		
	Sit Up	1 min	2 / Tip: Put your toes against the wall and this will help you come up without pulling your neck
	Elbow Plank	1 min	2 sets

Body Weight Squat



- 1) When performing the squat, let your body weight shift back into your heels as you sit your hips back.
- 2) Keep your knees as far back behind your toes as possible.
- 3) Keep your chest up and back held in neutral position or with a slight arch.
- 4) Prevent yourself collapsing forward as you perform a squat.
- 5) Make sure your toes, knees, and hips are all in line as you squat back.



Squat Jump

- 1) When performing a squat jump, start in a squat position.
- 2) You'll jump up and when you land, you'll sit back into another squat position.
- 3) Keep your back up in a neutral or slightly arched position.
- 4) Land softly in a knee bend.



Dumbbell Step Up

1. When performing the step up, ensure that your leg gets the full extension at the top of the step. Keep your knee in line with your foot and your hip as you extend your leg.
2. Stand up straight with dumbbells on each hand.
3. Place the right foot on the elevated platform. And let the left foot stay on the ground. This will be your starting position.
4. Lift your left foot all the way forward while keeping your knee slightly bent. And your right foot straight.
5. Then back to starting position.
6. Once you're completed one side, do the other.



Mountain Climber

- 1) Begin in a pushup position, with your weight supported by your hands and toes.
- 2) Flexing the knee and hip, bring one leg until the knee is approximately under the hip. This will be your starting position.
- 3) Explosively reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other foot up with the hip and knee flexed.
- 4) Repeat in an alternating fashion for 20-30 seconds



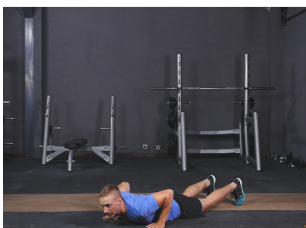
Wall Sit

- 1) When performing this exercise, ensure your knees don't move forward past your toes.
- 2) Try to keep your knees at 90 degrees and hold.



Plank To Push Up

- 1.Lie face down on a mat with your legs straight and arms tucked in by your sides with elbows bent.
- 2.Raise your body up into the top of a push up position, resting on your hand and toes and hold briefly. Keep your back flat and head looking down at the floor.
- 3.Return to starting position.
- 4.Repeat required reps.



Burpee

- 1.Start in the top of a push up position.
- 2.Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3.Come to an upright position and jump into the air, raising your arms overhead.
- 4.Return to the mid position and then jump your feet back out to a straight position.



Single Leg Glute Bridge

- 1) For this exercise, lie on your back. Keep your tummy tight and squeeze your glutes to lift.
- 2) Start with one leg off the ground and held above your body.
- 3) Throughout the exercise, try to keep your hips even.



Sit Up

- 1) Lie on your back on the floor with your feet shoulder width apart.
- 2) Begin by lifting your upper body up until you are sitting up straight with your arms either at your sides, crossed in front of you, or behind your head.
- 3) Lower your body back to the floor.
- 4) Make sure that you do not use your arms to swing your body up and make sure that your feet remain touching the ground at all times.



Elbow Plank

1. Lie face down on a mat with elbows resting on the floor next to your chest, palms facing forward or in a fist position, feet together.
2. Push your body off the floor in a pushup position with your body resting on elbows or hands.
3. Contract the abs and keep the body in a straight line from head to toes. Hold for 30-60 seconds, then lower body returning to starting position.
4. Repeat.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2	
Body Weight Squat	reps		reps	
Rest				
Squat Jump	reps		reps	
Rest				
Dumbbell Step Up	reps x	lbs	reps x	lbs
Rest				
Mountain Climber	reps		reps	
Rest				
Wall Sit	sec		sec	
Rest				
Plank To Push Up	reps		reps	
Rest				
Burpee	reps		reps	
Rest				
Single Leg Glute Bridge	reps		reps	
Rest				
Sit Up	reps		reps	
Elbow Plank	sec		sec	

Previous Stats