

## 20 min workout-routine

30 sec exercise  
15 sec rest (between exercises)  
45 sec rest (between cycles)  
4 cycles

### Full body

Push-ups  
Squats  
Burpees  
Bicycle crunches  
Mountain climbers  
Plank

### Upper body

Push-up side plank  
Situps  
Superman  
Leg raises  
Elbow lifts  
Triceps dips

### Lower body

Jumping lunges  
Side squats  
High Knees  
Glute bridge march  
Toe raises  
Bulgarian split squats

## WORKOUT (Cycle 1)

Countdown 5 sec..  
(endast när passet  
startas?)

Exercise 30 sec

Rest 15 sec

Exercise 30 sec

Rest 15 sec

Exercise 30 sec

Rest 15 sec

Exercise 30 sec

Rest 15 sec

Exercise 30 sec

Rest 15 sec

Exercise 30 sec

Rest 45 sec

TOTALT 5 MIN  
x  
4 CYCLAR  
=  
20 MIN WORKOUT