

20-minute Circuit Workout

Warmup: Jogging in place
20 Jumping Jacks
5 Squats
5 Pushups
5 Situps
Arms circles

45 seconds on / 15 seconds off
30 seconds hard work / 30 seconds rest
20 second medium work / 40 seconds rest (beginner)

Exercises are listed as most difficult first, then medium/beginner

Burpees / Half Burpees /Squat Thrusts
Alternating Lunges / Reverse Lunges in Place
Pushups / Pushups with knees down / Pushup position plank
Squats / Wall sit
Sit-ups / Crunches
Jump Squats / Mini Squat Jumps / Pulse Squats
Triceps dips on chair or couch / Close-hand-position Pushup
High Knees / Run in Place
Lateral Jumps / Lateral Lunges
V-ups / Leg Raises / Alternating Leg Raises