

<b>20 Minute Workout</b>	
Burpees	Alternate exercises – 20 sec on, 10 sec off (do each 4 times)
Superman (pulse)	
1 min rest	
Pushups	As above ...
Leg Lifts	
1 min rest	
Jump Squats	As above ...
Planks	
1 min rest	
Reverse Crunches	As above ...
Mountain Climbers	
1 min rest – Complete	

<b>30 Minute Workout</b>	
Star Jumps	Alternate exercises – 20 sec on, 10 sec off (do each 4 times)
Crunches	
1 min rest	
Sumo Squats	As above ...
Toe Touches	
1 min rest	
Side Lunges	As above ...
Russian Twists	
1 min rest	
Leg Extension Bridge	As above ...
Jumping Jacks	
1 min rest	
Donkey Kicks	As above ...
Leg Circles	
1 min rest	
Squats	As above ...
Scissor Kicks	
1 min rest – Complete	