

20 Minute Workout

Push-ups 20 seconds on, 10 seconds off (4 times each)

Russian Twists

(1 min off)

Toe touches same as above

Jumpees

Squats same as above

Donkey Kicks

Backward Lunges same as above

Crunches

30 Minute Workout

Crunches 20 seconds on, 10 seconds off (4 times each)

Side Lunges

Bridges same as above

Leg lifts

Pushup to plank same as above

Skaters

Burpees same as above

Jumping jacks

Star Jumps same as above

Bicycle Crunches

Fire Hydrants same as above

Arm Circles

High Knees same as above

V Ups