

20 Minute “Summer Ready” Workout

15 Squat jumps
5 Push ups
25 High Kness
7 Burpees
10 Lunges
7 Squats
5 Push ups
10 Lunges
5 Push ups
7 Squats
15 Squats jumps
1 minute wall sit
5 Push ups
25 High kness

Repeat 3 times

This is a simple yet effective way to get a lot done in a short amount of time. It is always recommended that you consult with your doctor before starting any type of exercise program, especially if you are new to exercising, have any medical conditions or recently recovered from an injury. Just starting out? Perhaps try doing one round and build up to the three. Even a little is a great start!