

THE ULTIMATE 20MIN HOME WORKOUT

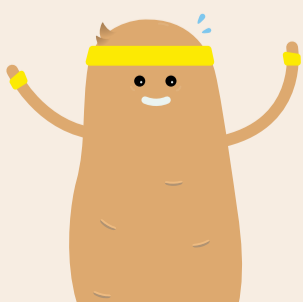


Start every workout with 5-10 minutes of warm-up exercises (e.g. dynamic stretching, jogging on the spot, jumping jacks) and end with 5-10 minutes of cool-down stretches.



Safety first! Do consult a health professional if you are unsure about a new exercise and take the Get Active Questionnaire (GAQ) before exercising. Always build intensity gradually and stop if you feel unwell.

<p>1</p> <p>Jumping Jacks (2 mins) Rest 30 secs</p>	<p>2</p> <p>Lunges (1 min) Rest 30 secs</p>	<p>3</p> <p>Squat Jumps (1 min) Rest 30 secs</p>	<p>4</p> <p>Burpees (2 mins) Rest 30 secs</p>
<p>5</p> <p>Lunges (1 min) Rest 30 secs</p>	<p>6</p> <p>Push-Ups (30 secs) Rest 30 secs</p>	<p>7</p> <p>Mountain Climbers (1 min) Rest 30 secs</p>	
<p>8</p> <p>Vertical Leg Crunches (30 secs) Rest 30 secs</p>	<p>9</p> <p>Mountain Climbers (1 min) Rest 30 secs</p>	<p>10</p> <p>Box-and-Reach Drill (30 secs) Rest 30 secs</p>	
<p>11</p> <p>Flutter Kicks (1 min) Rest 30 secs</p>	<p>12</p> <p>Push-Ups (30 secs) Rest 30 secs</p>	<p>13</p> <p>Jumping Jacks (2 mins)</p>	



Aim to meet the recommended minimum of 150-300 minutes of moderate-intensity aerobic physical activity and at least 2 days of muscle-strengthening activity weekly.



Discover more ways to stay active at moveit.gov.sg or download the H365 app now!