

THE ULTIMATE 20MIN HOME WORKOUT



Note: Before starting on any workout, it is important to start with a 5-10 minute warm up session. Please be aware of your health condition (e.g. pre-existing injuries, existing medical conditions) and take care not to overexert yourself.

1 → **2** → **3** → **4**

1  **Jumping Jacks (2 mins)**
Rest 30 secs

2  **Lunges (1 min)**
Rest 30 secs

3  **Squat Jumps (1 min)**
Rest 30 secs

4  **Burpees (2 mins)**
Rest 30 secs

5 → **6** → **7**

5  **Lunges (1 min)**
Rest 30 secs

6  **Push-Ups (30 secs)**
Rest 30 secs

7  **Mountain Climbers (1 min)**
Rest 30 secs

8 → **9** → **10**

8  **Vertical Leg Crunches (30 secs)**
Rest 30 secs

9  **Mountain Climbers (1 min)**
Rest 30 secs

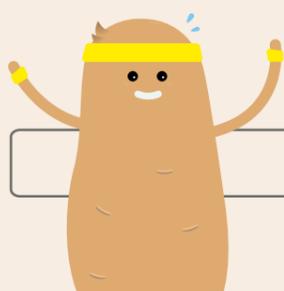
10  **Box-and-Reach Drill (30 secs)**
Rest 30 secs

11 → **12** → **13**

11  **Flutter Kicks (1 min)**
Rest 30 secs

12  **Push-Ups (30 secs)**
Rest 30 secs

13  **Jumping Jacks (2 mins)**



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