

**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**

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

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

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

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

**5** → **6** → **7**

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

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

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

**8** → **9** → **10**

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

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

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

**11** → **12** → **13**

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

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

**Jumping Jacks (2 mins)**

*Disclaimer: Visuals are for illustration purposes only. Refer to [go.gov.sg/stayactive](https://go.gov.sg/stayactive) for tips on performing exercises safely.*

Learn how you can stay well to stay strong at [healthhub.sg/staywell](https://healthhub.sg/staywell)

