

20 Moves For 20 Minutes

1. **Jumping Jacks or Half Jacks**
2. **Roll Up To Straight**
3. **Standing Pushouts** (pr. of 2 or 5 lb)
4. **Squnge & Open** (pr. of 2 or 5 lb)
5. **Waterwheel** (pr. of 2 or 5lb)

*Do each exercise for **30 seconds**.
Rest **8 seconds** in between.
Move at a medium – quick pace.*

1. **Popeye Pump** (single 2 or 5 lb)
2. **Shake-n-Bake** (single 2 or 5 lb)
3. **Swing Down Side** (single 2 or 5 lb)
4. **Step-n-Swing** (pr. of 2 or 5 lb)
5. **Tricep Kickers** (pr. of 2 or 5 lb)

*The **RED** exercises
are unilateral.
That means you do one
side at a time=> you have
to repeat on other side.
Plan on doing this **RED**
move for 30 seconds on
each side the best you can.*

1. **Curl Crossovers** (pr. of 2 or 5 lb)
2. **Sporty Curtseys** (single 2 or 5 lb)
3. **Step Into Flys** (pr. of 2 or 5 lb)
4. **Standing Crazy 8's** (single 2 or 5 lb)
5. **Half Moon Single Knee** (single 2 or 5 lb)

1. **Single Side Row** (single 2 or 5 lb)
2. **Alternating Crossovers** (pr. of 2 or 5 lb)
3. **Cycler Expansion** (pr. of 2 or 5 lb)
4. **Half Get Ups** (single 2 or 5 lb)
5. **Mermaiders** (single 2 or 5 lb)

*The entire circuit is 15 minutes worth of moves given the unilaterals.
(This doesn't count the in between rest or transition, so count on giving 4- 5 minutes more of your time)*