

# 20 Minute Full Body Workout



So what if you only have 20 minutes. You can get a quick and effective workout in whatever time you may have. Try to squeeze in this 20 minute high intensity full body workout. It will speed up your metabolism, burn calories, tone muscles and reduce body fat in just 20 minutes.

## **What you will need:**

Bench

Small Dumbbells

## **Perform the following exercises:**

Exercise 1: 60s Walking Lunges

Exercise 2: 30s Single Leg Glute Bridge Left

Exercise 3: 30s Single Leg Glute Bridge Right

Exercise 4: 60s Delts 6 Ways

Exercise 5: 60s Triceps Dip

Exercise 6: 60s Squat To Burpee

Repeat All x 5 Rounds

Total Time = 20 Minutes

## **Exercise Descriptions:**

### Walking Lunges

Place the weights in each hand if you desire. The first movement is to take a big step forward causing you to lean forward at the hip. Lean forward the entire time, press through the heel and power into your next lunge staying in a straight line. Keep your head and chest up. Make sure to not go too fast and keep control by thinking of the muscles you are using. This is called the mind-muscle connection. Repeat for the entire 60s.

### **Single Leg Glute Bridge**

Sit on the ground with your upper back against the floor, with your knees bent, place one foot on the bench in front of you. Lift the other leg and keep it straight. Squeeze your glutes as you raise your pelvis high enough off the floor to create a straight line between your knees, hips, and shoulders. Pause for 1 second at the top before lowering. Repeat for both right and left legs for 30s each.

### **Delts 6 Ways**

Sit on the bench with arms at your sides. Perform a lateral raise and pause. Then bring the arms across the body to the front of the body and pause. Keeping the back straight and the core tight raise the arms straight above your head and pause. Return to the beginning by doing the reverse of each movement. Make sure to perform this exercise slow and controlled. Repeat for the entire 60s.

### **Triceps Dip**

Begin by sitting on the bench. Place your hands on the outsides of your hips. Walk your feet out to a comfortable distance so that your hips can drop just in front of the bench. Bend your elbows, keep your back straight and perform a dip. Make sure to move slow and controlled. Repeat for the entire 60s.

### **Squat To Burpee**

These are performed like a regular burpee with one difference. Instead of jumping straight up you jump into a squat position. Begin in a high plank position with your back straight. Jump your feet towards your hands. Land in a squat position and make sure to stay in a low squat. Also make sure to keep your heels on the ground. Return to starting plank position and repeat continuously for the entire 60s.

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20 MINUTE  
FULL BODY WORKOUT



WALKING LUNGES 60 SECONDS



SINGLE LEG GLUTE BRIDGE 30 SECONDS EACH SIDE



DELTA LIFTS 60 SECONDS



TRICEP DIPS 60 SECONDS



SQUAT BURPEE 60 SECONDS

REPEAT ALL (X5)