

WEDNESDAY WORKOUT - Date Published: JULY 6, 2016

20-MINUTE FULL BODY WORKOUT

by: Josephine Doroja

www.JosephineDoroja.com

WARM-UP (2.5 MINUTES TOTAL)

Squat (30-sec)

Leg Curl (30-sec)

Knee Touch (30-sec)

Squat with Punches (30-sec)

Jumping Jacks (30-sec)

30-SEC REST

LOWER BODY (4 MINUTES TOTAL)

Squat with Leg Lift (30-sec X 2)

Squat Pulses (60-sec)

Back Lunges (30-sec X 2)

Side Lunges (30-sec X 2)

30-SEC REST

UPPER BODY (3 MINUTES TOTAL)

Biceps Curl and Press (60-sec)

Bent Over Row and Triceps Kickback (60-sec)

Kneeling Arm Swing (30-sec X 2)

30-SEC REST

CORE (4 MINUTES TOTAL)

Air Bicycle - Opposite Knee and Elbow (60-sec)

Crunches (60-sec)

Bent Knee Hip Raise (60-sec)

Buttootie Raise (60-sec)

30-SEC REST

COOL-DOWN / STRETCH (3 MINUTES TOTAL)

Child Pose (15-sec)

Cow Stretch (15-sec)

Glute - Right Leg in Front (15-sec)

Cute - Left Leg in Front (15-sec)

Right Triceps (15-sec)

Left Triceps (15-sec)

Right Biceps (15-sec)

Left Biceps (15-sec)

Right Quad (15-sec)

Left Quad (15-sec)

Right Hamstring (15-sec)

Left Hamstring (15-sec)

INHALE / EXHALE

LOTS OF HUGS AND KISSES :)