

QUICK 20-MIN FULL-BODY WORKOUT AT HOME



Efficient and effective for a full-body boost!

Jumping Jacks – 1 minute

Bodyweight Squats – 1 minute

Push-Ups – 1 minute

Mountain Climbers – 1 minute

Plank – 1 minute

Burpees – 1 minute

Repeat this circuit 2-3 times with a short rest in between.