

WORKOUT made simple

Customize your 20-minute workout with 3 simple bodyweight exercises.

submitted by Gene Fulkerson

YOUR 20-MINUTE HARD/CORE WORKOUT

COMPLETE CIRCUIT 10 TIMES
GO AS FAST AS IS SAFELY POSSIBLE WHILE PERFORMING EACH MOVEMENT PROPERLY AND WITH FULL RANGE OF MOTION.

1

SPIDER LUNGES

30 SECONDS



REST 10 SECONDS

2

SIDE LUNGES

30 SECONDS



REST 10 SECONDS

3

PLANK

30 SECONDS



When putting together a workout choose exercises that won't have you using the same muscle groups throughout.

This 20 minute workout incorporates two leg muscles and one upper body. The point is do each exercise for 30 seconds, rest 10 seconds. Complete the circuit 10 times.

Remember, each movement must be performed properly and with full range of motion.

Spider Lunges

Do

- Start in the top of a pushup position.
- Bring your right foot to the outside of your right hand.
- Land with a flat foot.
- Bring your foot back to the starting position.
- Repeat on other side.
- Maintain a strong plank position throughout.

Don't

- Allow your shoulders to move away from directly over your hands.
- Allow your hips to sag.

Side Lunges

Do

- Keep your chest up.
- Shift your weight through your midfoot and heel.
- Lunge as low as your flexibility allows.

Don't

- Let your knees travel forward past your toes.

Plank

Do

- Plant your hands under your shoulders, or slightly wider apart.
- Squeeze your glutes. (That would be your butt).
- Keep your body in a straight line from the top of your head through your feet.
- Tighten your core.
- Tuck your chin.
- Fix your gaze on the floor, either in between or just beyond your hands.

Don't

- Let your butt lift or sag.
- Lift your head.
- Hold the position if your form is suffering

Make it easier

- Hold the position for a shorter period of time. ■