

20 MINUTE AT HOME WORKOUT

REPEAT TWO TIMES

- 2 MINUTE OF JUMPING JACKS**
- 1 MINUTE OF SQUATS**
- 30 SECOND PLANK**
- 30 SECOND WALL SIT**
- 1 MINUTE OF HIGH KNEES**
- 1 MINUTE OF SIT UPS**
- 30 SECONDS OF LEG LIFTS**
- 30 SECONDS OF BURPEES**
- 1 MINUTE OF CALF RAISES**
- 1 MINUTE OF JUMPING JACKS**
- 1 MINUTE OF DOWNWARD DOG**

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REPEAT