

# 20 MINUTE WORKOUT

MWR TRAINER TIP: BEGINNERS START WITH 1 ROUND, AS YOU BECOME STRONGER INCREASE ROUNDS. ADVANCED EXERCISERS COMPLETE FOUR 5 MINUTE ROUNDS FOR A TOTAL OF 20 MINUTES.



**JACKS - 1 MINUTE**



**WALL SIT - 1 MINUTE**



**PUSHUPS - 1 MINUTE**



**CRUNCHES - 1 MINUTE**



**REST- 1 MINUTE**



**REPEAT 3 MORE ROUNDS**