

# 20 MINUTE WORKOUT-PART 2

MWR TRAINER TIP: BEGINNERS START WITH 1 ROUND, AS YOU BECOME STRONGER INCREASE ROUNDS. ADVANCED EXERCISERS COMPLETE 4-5 MINUTE ROUNDS FOR A TOTAL OF 20 MINUTES.



**STEP UPS - 1 MINUTE**



**SQUATS - 1 MINUTE**



**CHAIR DIPS - 1 MINUTE**



**PLANKS - 1 MINUTE**



**REST- 1 MINUTE**



**REPEAT 3 MORE ROUNDS**