

20 MINUTE WORKOUT - PART 3

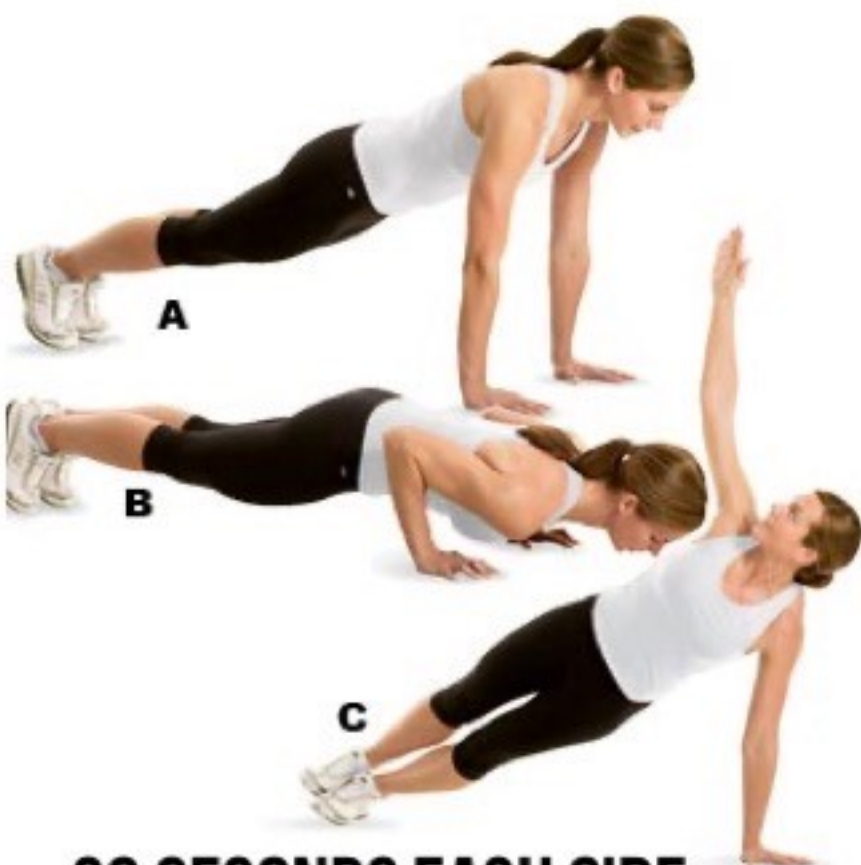
MWR TRAINER TIP: BEGINNERS START WITH 1 ROUND, AS YOU BECOME STRONGER INCREASE ROUNDS. ADVANCED EXERCISERS COMPLETE 4-5 MINUTE ROUNDS FOR A TOTAL OF 20 MINUTES.



HIGH KNEE JOG - 1 MINUTE



ALT. LUNGE- 1 MINUTE



30 SECONDS EACH SIDE

**PUSHUPS W/
ROTATION- 1 MINUTE**



30 SECONDS EACH SIDE

SIDE PLANKS - 1 MINUTE



REST- 1 MINUTE



REPEAT 3 MORE ROUNDS