

20 MINUTE WORKOUT

CARDIO ONLY

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



JOGGING 1:00



JUMP ROPE 1:00



SPEED SKATING 1:00



FRONT KICKS 1:00



SURFER SQUAT
R/L 1:00



REPEAT