

## **The Do-Anywhere 20-Minute Workout**

*Perform each exercise for 1 minute, unless otherwise indicated.*

- Warm-Up: March in Place
- Jumping Jacks
- Push-Ups (on knees or against wall for modified versions)
- Wide Squat with Calf Raise
- Butt Kickers
- Triceps Dip (on a chair or on the floor)
- Side Leg Lifts (use wall for support, 30 seconds on each leg)
- High Knees
- Forearm Plank
- Superman
- Donkey Kicks
- Side Plank (keep one knee on ground for modification, 30 seconds per side)
- Scissor Abs
- Mountain Climbers
- Arm Circles (30 seconds in each direction)
- Curtsy Lunge (30 seconds on each leg)
- Lateral Bunny Hops
- Wall Sit
- Skipping in Place
- Cool Down: Stretch

