# 20-Minute Fat-Burning Cardio Circuit Workout

www.TheSeasonedMom.com

**Circuit 1:** Complete each exercise for 20 seconds, rest for 10 seconds. Repeat circuit 4 times.

- Invisible Jump Rope
- Alternating Jabs

REST FOR 1 MINUTE

**Circuit 2:** Complete each exercise for 20 seconds, rest for 10 seconds. Repeat circuit 4 times.

- "Surfer" 180 Jump Squats
- Push-ups

REST FOR 1 MINUTE

**Circuit 3:** Complete each exercise for 20 seconds, rest for 10 seconds. Repeat circuit 4 times.

- Butt Kickers
- Alternating Lunges

REST FOR 1 MINUTE

**Circuit 4:** Complete each exercise for 20 seconds, rest for 10 seconds. Repeat circuit 4 times.

- Jumping Jacks
- Alternating "Zombie" Kicks

STRETCH/COOL DOWN FOR 1 MINUTE