


20 Min Workouts

These 20 - 20 min workouts have been created to take out any excuse for you to not complete an exercise session. You can pick any of these to perform for your workout. Work hard and push your limits to maximize your results.

Squats with body weight - 15 reps
Reverse Lunges - 8 reps per leg/16 reps
Push-ups - until maxed out
Russian Twists - 20 reps, use dumbbell if needed
Rinse, and repeat or until 20 minutes is up

Incline Push-ups - 20 reps
Squats with body weight - 20 reps
Hip Thrusts - 20 reps
Walking Lunges - 10 reps per leg
Standard push-up - 20 reps
Crunches - 20 reps
Rinse, and repeat or until 20 minutes is up

Single leg deadlifts - 15 each leg
Reverse Lunges - 15 reps per leg
Squats with body weight - 30 reps
Supermans - 15 reps
Plank for 1 minute
Rinse, and repeat or until 20 minutes is up



Jumping Jacks- 1 minute
Front Kicks- 1 minute
Squat Jumps- 1 minute
Mountain Climbers - 1 minute
Burpees - 1 minute

Squat Jumps - 20 reps
Mountain Climbers - 30 reps/ 15 per leg
Side Lunges - 30 reps/15 per leg
Elevated Push-ups - 20 reps
V-hold - 1 minute
Rinse, and repeat or until 20 minutes is up

Jumping Jacks - 1 minute
Side Lunges - 30 seconds
Burpees - 30 seconds
Jog in place - 1 minute
Squats - 30 seconds
Lunges - 30 seconds
Jump rope - 1 minute
Mountain climbers - 30 seconds
Speed skaters - 30 seconds
Butt kicks - 1 minute
Lunge Kicks - 30 seconds
Squats - 30 seconds
March in place - 1 minute
1Pushups - 30 seconds
Side Lunges - 30 seconds
Rinse and repeat, should equal to 20 minutes



Jumping Jacks - 25 reps
Crunches - 10 reps
Plank - 30 seconds
High Knees - 25 reps
Burpees - 10 reps
Crunches - 15 reps
Squats - 10 reps
Push-ups - 10 reps
Crunches - 15 reps
Plank - 30 seconds
Squats - 10 reps
Jumping Jacks - 25 reps
Wall-sit - 1 minute
25 High Knees
Rinse and repeat until 20 minutes is up

Burpees - 10 reps
Push-ups - 20 reps
Crunches- 30 reps
Squats - 40 reps
Plank - 50 seconds
High Knees- 60 reps
Rinse and repeat until 20 minutes is up

Pushups - 10 reps
Bicycle Crunches - 20 each side
Squat Jumps - 30 reps
Jumping Jacks - 40 reps
Fore-arm Planks - 50 seconds each side
Rinse and repeat until 20 minutes is up.



Squat Jumps - 15 reps
Push-ups - 5 reps
High Knees - 25 reps
Burpees - 7 reps
Lunges - 10 reps
Squats - 7 reps
Push-ups - 5 reps
Lunges - 10 reps
Squats - 10 reps
Squat Jumps - 15 reps
Wall-sit - 1 minute
Push-ups - 5 reps
High Knees - 25 reps
Rinse and repeat until 20 minutes is up.

Squats - 15 reps
Leg Raises - 15 reps
Push-ups - 15 reps
Bicycle Crunches - 20 reps
Incline Push-ups - 10 reps
Side Plank - 30 seconds
Plank - 1 minute
Rinse and repeat until 20 minutes is up.

Push-ups - 10 reps
Crunches - 25 reps
Squats - 25 reps
Lunges - 15 per leg / 30 reps
Jumping Jacks - 50 reps
Wall Sit - 60 reps
Rinse and Repeat until 20 minutes is up.



High Knee March in place - 60 seconds

Push-ups 10 reps

Squats - 30 reps

Jog in place - 60 seconds

Calf Raises - 30 reps

Mountain Climbers - 20 reps

Run in Place - 60 seconds

Plank with leg lift - 15 seconds each leg/ 30 seconds

Side Lunges - 15 each leg/ 30 reps

Rinse and Repeat until 20 minutes is up.

Jumping Jacks - 50 reps

Squats - 25 reps

High-Knees - 50 reps

Push-ups - 25 reps

Butt Kicks - 50 reps

Triceps Dips - 25 reps

Jump Squats - 50 reps

High Planks - 25 reps

Burpees - 50 reps

Full Sit-ups - 25 reps

Rinse and Repeat until 20 minutes is up.

Burpees - 1 minute

High Knees - 1 minute

Flying Lunges - 1 minute

Push-ups - 1 minute

Crunches - 1 minute

Rinse and Repeat until 20 minutes is up.



Jump Squats- 45 seconds

V-Tucks- 45 seconds

Burpees- 45 seconds

Split Lunge Jumps - 45 seconds Left leg

Plank Jacks - 45 seconds

Split Lunge Jumps - 45 seconds Right leg

Rinse and repeat until 20 minutes is up

Alternating Lunges with shoulder press

30 second jumping jacks, 30 seconds high knees

Chest Flies

Squats with bicep curl

Jump rope

30 second pushups, 30 seconds crunches

Bent over row

Burpees

Alternating Lunges with shoulder press

Butt Kicks

Plank

Hold squat, perform side to side punches with dumbbells

30 seconds jumping jacks, 30 seconds high knees

Squats with bicep curl

Jumping Jacks

Reverse Crunches

Alternating Lunges with shoulder press

30 seconds butt kicks, 30 seconds high knees

Plank

20 seconds burpees, 30 seconds chest flies

Rinse and Repeat until 20 minutes is up

Jumping Jacks - 1 minute
Side Lunges - 30 seconds
Squats - 30 seconds
Jog in place - 1 minute
Burpees - 30 seconds
Lunges - 30 seconds
Skip in place - 1 minute
Mountain Climbers - 30 seconds
Jumping Jacks - 1 minute
Side Lunges - 30 seconds
Pushups- 30 seconds
Squats - 30 seconds
Plank - 1 minute
Sit-ups - 30 seconds
Burpees - 30 seconds
Rinse and Repeat until 20 minutes is up

Jog in place - 2 minute
Squats - 2 minutes
Run in place - 2 minutes
Squat Jumps - 2 minutes
Side Jumps - 2 minutes
Pushups - 2 minutes
Burpees - 2 minutes
Split Jumps - 2 minutes
Mountain Climbers - 2 minutes
Planks - 2 minutes
Rinse and Repeat until 20 minutes is up