



20 Minute 20's Workout

Today we're focusing on repetitions rather than time, so please grab your heavier weights if you have them, get in the moment, and enjoy the ride.

What you will need:

- Mini band if you have one, as well as a set of heavier weights.

Warm-Up:

- Monster walk with mini band + hips swings + squat stretches side to side.

Workout:

- We're going to be doing our exercises for 20 reps each, 4 times through.

Exercises

- **Side-to-side squats with bicep curls (and mini band), 20 reps** – With the band around your calves, you're going to complete a squat to the side while holding the weight, and when you come back up and bring your feet together, you're going to do a bicep curl. Alternate side to side, with the bicep completed every time you come back up to centre.
- **Mini band lateral side taps while holding weight, 20 reps per side** – With the band around your calves, you're going to keep a bend in your stabilizing leg, hold the weight at your chest, and then tap the opposite leg off to the side for a total of 20 reps. Take your time here, make sure your toes are pointing out ever so slightly, and push through the heels so you really feel the side bum. This really works your core as well, so make sure that's in nice and tight as well ;)
- **4 pulse lunge jump, 20 reps** – Without the band, you're going to complete 4 lunge pulse and then jump to switch sides.
Modification: If you're skipping the jumps, grab the weights and alternate the sides after 3 pulses by stepping your back leg up and then switching.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant