20-MINUTE TOTAL BODY WORKOUT CHALLENGE

C OF C FITNESS

CRS COUGAR FITNESS LEADERS
This workout is broken up into four sections: a warm-up, a circuit, a burnout ladder, and a cool-down.

**Warm-up:**
Do each move for 20 seconds twice.
- Jumping Jack
- Inchworm walk out to shoulder tap
- Squat

**Circuit:**
Do each move for 45 seconds.
Rest for 15 seconds inbetween each move.
Do the entire circuit twice.
- Curtsey lunge
- High knee jog
- Pendulum lunge
- Mountain climber twist
- Superman
- Plank up to frogger
**Burnout ladder:**
Do 1 rep of each, then 2 reps of each, then 3 reps, etc., & go as high as you can get in 3 minutes

**Squat Jacks**
**180 Jumps**
**Burpee**

**Cool-down:**
Do each move for 10 to 30 seconds...or longer if it feels good and you have time.
- Child's pose
- Downward Facing Dog
- Forward fold
- Standing quad stretch
- Shoulder circles