

COLLEGE of
CHARLESTON

CAMPUS RECREATION
SERVICES

Want to shape up and
tone up fast?
Try this week's fitness
challenge



20-MINUTE CALORIE BURNER

READY, SET, AND SWEAT!

Get your heart racing and your muscles
burning with this quick HIIT workout
routine you can do at home!

campusrec.cofc.edu



20-MINUTE TOTAL BODY WORKOUT

Round 1

Jumping Jacks
Squats
High Knees
Forward Lunge

Round 2

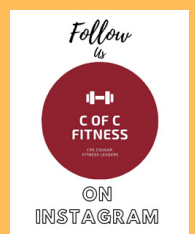
Plank Walk Out
Curtsey Lunge to side leg lift
Standing Knee to Elbow
Calf Raises

Round 3

Squat Jacks
Hip Bridges
Superman
Reverse Lunge

Round 4

Tricep Dip
Bird Dog
Plank Crunches
Plie Squat



Each Round is 5 minutes. Do each exercise for 1 minute! Rest 30 seconds between each round!