

This workout will only take 20 minutes of your time and requires only yourself and a timer! The work intervals are only 20 seconds, so work hard during that time.


In the first set, you will perform high knees for 20 seconds, jumping lunges for 20 seconds, burpees for 20 seconds and then rest a full minute. Repeat 5 times in a row. Do not skip your rest periods!

You will then follow the same format for the second set of exercises. Try your best to only take your breaks during the "rest" periods. Move quickly from one exercise to the next.

## Set 1: 5 rounds

	High Knees	20 seconds 5 rounds
	Jumping Lunges	20 seconds 5 rounds
	Burpees	20 seconds 5 rounds
	REST	60 seconds 5 rounds

## Set 2: 5 rounds

	Skier Jumps	20 seconds 5 rounds
	Tuck Jumps	20 seconds 5 rounds
	Mountain Climbers	20 seconds 5 rounds
	REST	60 seconds 5 rounds

### High Knees

While stationary, jog driving your knees towards your waist, one at a time. Challenge yourself by increasing your speed. Pump your arms throughout the movement.



### Jumping Lunges

Stand in a split stance with your toes facing forward and arms at your sides. Slowly drop your back knee down until it is just above the ground, and your front knee reaches a 90 degree angle. Don't let your knee go past your toes. Explode into your jump, switching legs and landing softly into your lunge with opposite leg forward. Repeat, alternating legs.



### Burpees

Begin standing upright. Bend down and place your hands on the ground shoulder width apart. Jump your legs back so you are in high plank. Jump your feet towards your hands and up with hands overhead.

For a less advanced option, perform exercise with your hands up on a flat bench. For a more advanced option, add a pushup at the end of the sequence immediately after the high plank.





### Skier Jumps

Begin by standing with feet together. Carefully push off your left leg to the right, bringing your left foot behind it on a diagonal. Then, immediately push off your right leg to the left, bringing your right foot behind on a diagonal. Alternate side to side, trying to balance on one leg with each landing.



### Tuck Jumps

While stationary, squat down then explode upward, bringing both knees towards your chest. Land softly, and then explode back into your tuck jump.



### Mountain Climbers

Hold yourself in high plank position with your shoulders directly over your hands. Drive one knee in towards your elbow, switching back and forth quickly as if you were running.



## Tracking Sheet (Print and track your progress here)

Check off each set that you complete!

Exercise Name	Set 1	Set 2	Set 3	Set 4	Set 5
High Knees					
Jumping Lunges					
Burpees					
<b>REST</b>					
Skier Jumps					
Tuck Jumps					
Mountain Climbers					
<b>REST</b>					