

## Roarin' 20's Workout

Exercise	Reps
Kettlebell Swings	20 total
Jump Lunges	20 each leg
Walking Push-ups	20 total
Bicycles	20 total
Bent-over Rows	20 total
Plank Thrusters	20 total
1-5 minutes Jump Rope	
10 Minute Abs	Time
Plank Bird-Dog	50 sec/10 sec
Lying Elbow to Knee	50 sec/10 sec
Lateral Scissors	50 sec/10 sec
Repeat 2 more times!!	
Slow Lying Bicycles	1 min