POPSUGAR

20-MINUTE NO-EXCUSES WORKOUT

Perform each exercise for a minute. Do this workout twice through, taking a minute break between each 10-minute set if needed.

0:00-1:00
high knees

1:00-2:00
lunge skip

2:00-3:00
lateral bunny hop

3:00-4:00
pilates scissors

4:00-5:00
jumping jacks

5:00-6:00
frogger

6:00-7:00
lateral bounding

7:00-8:00
push-up and rotate

8:00-9:00
box toe touches

9:00-10:00
triceps dips

REPEAT