

the 20 minute fit fix

workout

Warm up with 10 minutes of easy cardio, then begin this circuit. Do it 3 times through, resting for 1 minute at the end of each round. You'll need a box or bench, a set of dumbbells, and a Swiss ball.

Burpees

10 reps

Dumbbell squats

10 reps

Dumbbell step-ups with curl & press

10/side

Dumbbell overhead press

10 reps

Swiss ball oblique knee tucks

15 total

Weighted pike crunches

15 reps

Rest 1 minute, then repeat!



Exercise descriptions can be found at eat-spin-run-repeat.com