

20 Second Fitness

Thursday, February 21, 2013
6:05 AM

Week 1

Day 1 Triceps 13

- Diamond Push-Up
- Triceps Extension
- Wide Push-Up
- Triceps Extension

Day 2 Core 10

- Bicycles
- Crunched
- Russian Twists
- Planks

Day 3 Legs 10

- Squats
- Lunges
- Sumo Squats
- Hamstring Extensions

Day 4 Biceps 12

- Curls
- Plank w/ Knee Slide
- Triceps Push-Up
- Butt Kickers
- Star Jumps

Day 5 Shoulders 10

- Shoulder Raises to Front
- Shoulder Raises to Side
- Lateral Raises
- Overhead Presses

Day 6 Back 10

- Mountain Climbers
- Renegade Rows
- Heavy Pants
- Planks

- Cross-Country Skier
- High Knees
- Burpees
- Plank

- Curls
- Jumping Jacks
- Heavy Pants
- Star Jumps

- Scissor Kicks
- Cross-Country Skier
- Quick Feet
- Mountain Climber

- Crunches

- Cross-Country Skier
- Jumping Jacks
- Cross-Country Skier
- Jumping Jacks

- Mountain Climbers
- Burpee w/ Push-Ups
- High Knees
- Burpees

- Jumping Rope

- Calf Raises

Week 2

Day 7 Triceps 2 10

- Diamond Push-Up
- Triceps Extension
- Wide Push-Up
- Triceps Extension

Day 8 Core 2 14

- Russian Twit
- Bicycles
- Scissor Kicks

Day 9 Legs 2 14

- Plié Lunges
- Sumo Squats
- Hamstring Extensions
- Squats w/ Press

Day 10 Biceps 2 13

- Curls
- Jumping Jacks
- Push-Ups
- Crunches
- Butt Kickers

Day 11 Shoulders 2 10

- Overhead Press
- Renegade Rows

Day 12 Back 2 15

- Mountain Climbers
- Plank

- Lunges
- Quick Feet
- Squats
- Plank

- Jumping Jacks
- Curls Heavy
- Quick Feet
- Mtn Climbers

- Cross-Country Skier
- Plank
- High Knee Running

- Rope Pulls

- Bicycles
- High Knees
- Jumping Jacks
- Heavy Pants

- Jumping Jacks
- Cross-Country Skier
- Star Jumps
- Burpees

- Jumping Rope

- Calf Raises (6 sets)

- Jumping Rope

Week 3

Day 13 Triceps 3 10

- Push-Up
- Triceps Extension

Day 14 Core 3 10

- Crunch
- Rope Pulls
- Bicycles

Day 15 Legs 3 14

- Squats
- Plié Lunges
- Burpees

Day 16 Biceps 3 15

- Curls
- Plank w/ Knee Slide
- Rope Pulls
- Triceps Extension
- High Knees

Day 17 Shoulders 3 14

- Shoulder Raise Front
- Lateral Raises
- Shoulder Raise Side

Day 18 Back 3 10

- Mountain Climber
- Heavy Pants
- Plank

- Lunges
- Jumping Jacks
- Burpees
- Squats
- Hamstring Extensions

- High Knees
- Butt Kickers
- Star Jumpers
- Curls

- Cross-Country Skier
- Mountain Climber
- Renegade Rows
- Quick Feet

- Jump Rope

- Plank Jumpers
- Push-Ups
- Star Jumpers
- Quick Feet

- Burpee w/ Push-Up
- Burpee
- Cross-Country Skier
- High Knees

- Calf Raises

- Russian Twists
- Crunch

Week 4

Day 19 Triceps 4 10

- Push-Up Diamond
- Push-Up
- Triceps Extension
- Push-Up Wide

Day 20 Core 4 10

- Bicycles
- Crunches
- Russian Twists

Day 21 Legs 4 15

- Squats
- Lunges

Day 22 Biceps 4 13

- Curls
- Jumping Jacks
- Planks

Day 23 Shoulders 4 13

- Lateral Raises
- Overhead Press
- Shoulder Raise Front
- Shoulder Raise Side

Day 24 Back 4 14

- Heavy Pants
- Renegade Row
- Plank w/ Knee Slides

- Star Jumps
- Lunges
- Squats
- Mountain Climbers

- High Knees
- Jumping Jacks
- Heavy Pants

- Cross-Country Skier
- Quick Feet

- Rope Pulls

- Cross-Country Skier
- Star Jumps
- Jumping Jacks
- Mountain Climbers

- Burpees w/ Push-Ups
- Jumping Jacks
- Burpees

- Jump Rope

- Calf Raises

- Plank

- Hamstring Extensions