

# 20 MINUTE WORKOUT

*what you'll need:* ankle weights + timer

## *circuit 1*

1 minute

weighted squats

weighted lunge (right side)

weighted lunge (left side)

x2

hamstring curls (put weights on ankles)

plank

## *circuit 2*

1 minute

bicep curl (right side)

bicep curl (left side)

tricep curl (right side)

x2

tricep curl (left side)

weighted RDLs