

DECO

20 Minute Bodyweight Workout

For Anyone, Anytime, Anywhere.

WARM UP



OVERHEAD STRETCH



STANDING HAMSTRING STRETCH



SEATED SPINAL TWIST

EXERCISES

1 – 4 in order, allowing for 30 seconds rest between each.
Do three sets of this followed by the suggested cooldown below.*



**HIGH KNEES
60 SECONDS**



**BURPEE
10 REPS**



**SQUATS
15 REPS**



**MOUNTAIN CLIMBERS
40 REPS**

COOL DOWN

1. Sit in a comfortable position with your back straight.
Close your eyes and take a few deep breaths in, and out.
2. As you inhale, mentally count to one. Slowly exhale.
3. Inhale again, mentally counting to two. Slowly exhale.
4. Repeat this cycle for as long as you'd like,
counting as you go.



*Increase or decrease the amount of reps and/or rest time to suit your fitness level.