

20-Min Beginner Workout



WORKOUT ROUTINE:

3 rounds total, 45 sec. per exercise, with a 15 sec. rest between each exercise. Do as many as you can for each exercise!

1 minute recovery after each round.

1 PUSH-UPS



2 SQUATS



3 HIGH KNEES



4 TRICEP DIPS



5 SIDE LUNGES



NOTES:

TRACKING CALENDAR

JANUARY

2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

This calendar is a tool for you to log your workouts and track your progress. Write down how many push-ups, squats, etc. you were able to do in the 45 sec. given and see your progress over the month!



I wish you fun and loads of success on your journey to getting fit! Feel free to get in touch with me for any questions. My email address is: tiffany@3plus.com



You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.

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