



# 12 Minute Workouts

For workouts #1 & #2, set an interval timer to 40:20. That's 40 seconds of work and 20 seconds of rest. Once you've completed each exercise, complete them again two more times. That will make a total of 3 rounds.

## Workout #1

1. Lunge – Right Leg
2. Lunge – Left Leg
3. Burpees
4. V-Sit Hold
5. Pushups
6. High Knees

## Workout #3

1. Jumping Jacks
2. Pushups
3. Squats or Jump Squats
4. Situps

## Workout #3

Set a timer for 12 minutes. Complete the exercises as many times as possible with reps listed below.

When the timer goes off, your workout is complete!

1. 15 Squats
2. 15 Pushups
3. 15 V-Ups
4. 30 Mountain Climbers
5. 30 Low Jacks
6. 15 Dips
7. 30 Second Side Plank Hold – Right
8. 30 Second Side Plank Hold – Left