



23 Minute Workout

50 seconds work

10 seconds rest

Instructions

- All the exercises are in your free eBook.
- After completing the warm up start the circuit.
- Complete the circuit twice.
- Do 50 seconds of one exercise, then rest 10 seconds.
- Start the next exercise and repeat the same time.
- Rest 3 minutes after you finish the circuit once, then repeat again.
- If this time interval is too difficult to begin, adjust it. Start with 30 seconds work 30 seconds rest, 40 seconds work 20 seconds rest. You can increase the work time as you improve.
- Remember you control how hard you work, the idea is to push very hard on the ON phase, and rest completely on the OFF phase. Don't cheat yourself.

Warm Up

Inchworm *10

Elbow to Instep *10

Circuit *2

Squats

Prone Hold

Lunges

Pushups

Wall Squat Calf Raise

Side Step Land

Upper Back Prone Lifts

Burpees

Stiff Leg Deadlifts

Killer Abs

Cool Down

Stretch hip flexors, quads and chest for 30 seconds. Use foam roller on tight areas if you have one.