

Exercise of the Month

April, 2017

Express 20-Minute Workout

Grab a set of dumbbells and complete this Tabata Style routine for a quick, full body workout! Complete each circuit 3 times, performing every exercise for 20 seconds, and resting for 10 seconds.

Warm Up: 3 minutes walk or jog.

Circuit 1: Repeat 3 times

- Jumping jacks
- Lunges (alternate legs) optional weights in hands
- High Knees
- Push ups
- Bicycle Crunches

Circuit 2: Repeat 3 times

- Quick feet
- Bicep curl + Shoulder Press
- Squat Jumps
- Row + Tricep Kickback
- Heismann

Cool Down: 2 minutes walk and stretch!



From Corporate Fitness Works Team Leader, Keriann Hill

Corporate Fitness Works, Inc.