

20 minute interval challenge

set 1: 3 rounds, 9 total minutes

:30 work :30 rest

air squats
push-ups
fast feet

rest 1 minute

set 2: 3 rounds, 3 total minutes

:20 work :10 rest

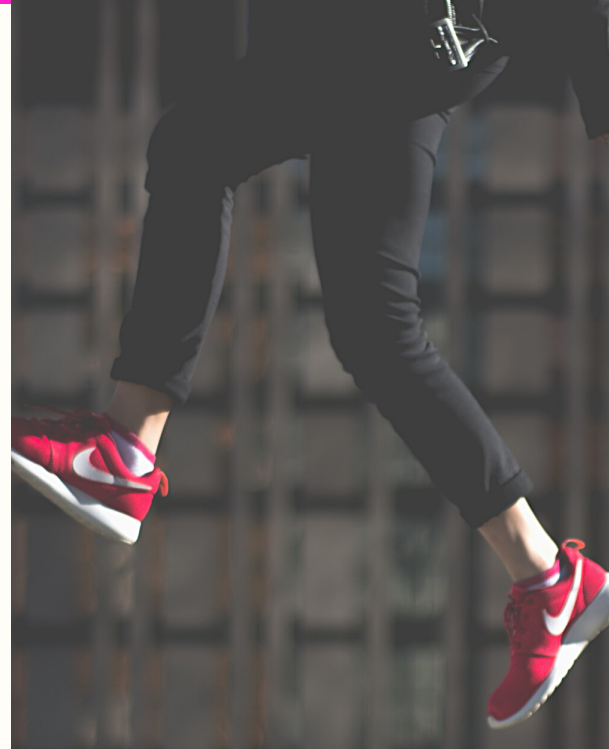
skiers
bicycle abs
jump lunges

rest 1 minute

set 3: 1 round, 6 total minutes

:40 work :20 rest

side shuffle
jumping jacks
plank up/down
squat kick
mountain climbers
jump squats



@SWEAT_DIARIES

work and rest

During each work period, do just that - **work** (all out effort). Respect the rest periods. You'll need each precious moment to reset and get ready for the next round.