

20 MINUTE WORKOUT



Exercises

1. **Ice Skater**
2. **Bent Over Row + Alternating Pulses**
3. **Sprinter's Lunge, Switch + Kick**
4. **Lat Pull Down**

Be sure to include a warm up and cool down.

Complete the full set of exercises 2-3 times.

Increase or decrease the amount of exercise repetitions or the speed you perform the exercises to attain the desired intensity of 7-8/10.

20 min workouts are easy to fit into your day. They rev up your metabolism and recharge you.

Have fun!

Equipment: Tubing and a mat.



ICE SKATER



- Lower into a squat and stick right leg out to the side.
- Switch this position to the other side. Left leg is now out to the side.
- Complete for 1 minute, alternating sides.



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BENT OVER ROW + ALTERNATING PULSE



- Stand feet shoulder width apart with tubing secure under feet.
- Bend at the waist keeping your back straight.
- Perform a practice bent over row (pull arms back and squeeze shoulder blades together) and adjust the tubing intensity accordingly.
- The exercise goes like this. Bent over row, pulse 1st arm then pulse 2nd arm. Return to starting position.
- Complete for 1 minute (bent over row, pulse, pulse).



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SPRINTER'S LUNGE, SWITCH + KICK



- Begin in the sprinter's starting position (lower into a lunge and place hands in front).
- Switch legs (front becomes the back, back becomes the front).
- Stand up and kick back leg forward touching foot to opposite hand.
- Repeat on other side.
- Complete for 1 minute.



I LOVE this exercise! It gets your heart rate up, stretches your hip flexors and challenges your core. Modification to this exercise would be to stay upright and not lower to ground. Lunge, lunge, kick, repeat. Own it!



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LAT PULL DOWN



- Stand feet shoulder width apart. Hold tubing in hands and raise arms above head.
- Create tension by lowering arms until they are parallel to the floor.
- Squeeze shoulder blades together and don't shift pelvis or weight forward.
- Complete for 1 minute.



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