

## 20 MIN. FULL BODY WORKOUT

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EQUIPMENT: 1 moderately weighted barbell (dumbbells can be used as an alternative)

**CIRCUIT ONE:** Run through 30 seconds of each exercise using your moderately weighted barbell. Complete 4 rounds. Rest as needed.

EXERCISE	FORM NOTES
Squat	Heels shoulder-width apart, back neutral.
Lunge	Keep your upper body straight. Don't let your knees go over your toes.
Deadlift	Heels hip-width apart. Drag bar over your legs as you raise up. Push your hips back as you come back down (bending knees when the bar hits knee height).
Row	Bend forward at the waist, keeping your back flat. Take a wide grip and row the bar back, squeezing your shoulder blades together.

**CIRCUIT TWO:** Run through 30 seconds of each bodyweight exercise. Complete 4 rounds. Rest as needed.

EXERCISE	FORM NOTES
Burpees	Keep your back straight as you lower into your plank position. Rest as needed!
Jump squats	If too difficult, you do not need to jump. Simple bodyweight squats are great, too.
Push ups	If needed, go ahead and do these on your knees.
Side plank with twist	Aim for 10-15 a side, or you can rotate from one side into the other.
Bridge pose with march	Keep your core tight, your back straight. March is optional, though encouraged!

### OTHER NOTES:

- Don't want to worry about timing each movement? Run through as many rounds of Circuit One as possible in 8 minutes. Then run through as many rounds of Circuit Two as possible in 12 minutes.

- This workout should be done using Rest-based Training (RBT), which means you should rest as often as you need throughout the workout, listening to your body. Safe and effective movements are what we are looking for!