

Do This 20 Minute Upper Body Workout If You're in a Hurry

Summary: Here is a quick upper body workout you can use if you don't have time to do a longer workout.

Complete this 20 minute upper body workout if you're in a hurry, or if you have some extra time, add in a 2 mile run afterwards for a full workout! Be sure to warm up beforehand and cool down and stretch afterwards!

20 Minute Upper Body Workout

perform each move for 1 minute
pause 20 seconds between rounds
complete each round twice before moving on to the
next round.

Round one

bicep curls

push ups

crunches

Round Two

hammer curls

shoulder presses

bicycle crunches

Round Three

side shoulder raises

tricep kick backs

plank up/downs

@katiewheeler