

**20 Rep Indoor Workout, March 20, 2020**– This routine can be done in a house or outside, but it is designed with condos and apartments in mind. To keep your neighbours below happy, the cardio is low impact and the exercises can be done in a very small space.

*Please check with your physician before starting any exercise program.*



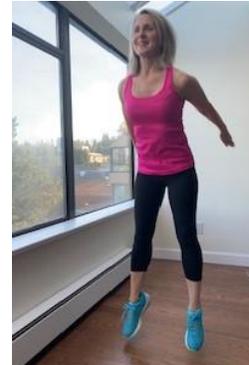
**Instructions** – take 5 minutes to warm your muscles and joints up with slowly increasing range of motion. Vacuuming and sweeping and other standing housework are perfect! Walking in place while alternating backwards arm circles and dancing around are also good choices. Do 20 repetitions of each exercise at your own speed and level. Remember it is 20 reps for EACH side.

1. Alternating rear lunges
2. Kick and reach toward leg, lunge back and touch floor, same leg, repeat other leg
3. LOW squats (add a soft plyometric jump if no one lives below you)
4. Side shuffle 3 times and touch floor, repeat other direction
5. Crab position, alternate touching arm to opposite foot
6. Roll back to floor and do 20 bicycles each leg

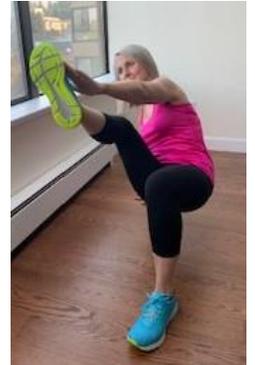
**REPEAT**



Kick and lunge back with floor touch



Plyo jump option



Crab reach

1. Burpees with a push-up but without the jump if neighbours below
2. Squat with side leg raise, alternating legs
3. Squat with rear leg raise, alternating legs
4. Skaters, very soft side jump touching the floor
5. ANY kind of upper body exercise, wall push-ups, tricep dips, full push-ups
6. Side Plank, count to 20, repeat other side

**REPEAT (listen to your body and don't hurt yourself. Instead try one or two rounds on your first time through and in 2 days repeat this workout and see if you can get through more rounds.**



## Stretch



Take time and enjoy your stretching, hold each one 30 to 60 seconds on each side. Take deep, slow breaths and calm your mind. You can take a 5-minute break anytime in your day and stretch, it does not have to just be after exercising.

