



## Get Fit. **Life Tip.** Workout on the go!

Staying on consistent with your workouts is very important in order to reach your health and fitness goals. With our hectic schedules of travel, social events and work, it can some times be tough to get to the gym and have an hour to workout. How can you get in a good workout in 20 minutes with no equipment when you are on the go? Focus on body weight exercise with minimal rest in between sets. Try this 8 exercise circuit to help you stay on track when you are limited on time and can't make it to the gym.

**Go through the entire circuit (all 8 exercises) and then take a 2 minute rest and repeat 2-3 times**

- Burpees (15 reps)
- Staggered push-ups (20 reps)
- Jump squats with body weight squats (20 reps)
- Forward lunges (30 reps)
- Pike shoulder press (15 reps)
- Planks (1 minute)
- Side Plank (1 minute)
- Tricep push-up (10-15 reps)



Keep in mind that this workout is good when you are short on time with no access to a gym and should not be your long-term workout solution. With all workouts, always consult a fitness professional to ensure that your form is proper to prevent injury.

*\*More information on the Get Fit Ass Whipped class punch card at [www.bwittegetfit.com](http://www.bwittegetfit.com)*

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