



## Carl's Military Workout Time 20 Min

		Warm Up Jumping Jacks (sec)	30								
		Warm Up High Knees (sec)	30								
		Stretches									
		Push Ups									
		Beginner	2	10 sec Rest	4	10 sec Rest	6	10 sec Rest	4	10 sec Rest	2
30 Seconds Rest											
		Squats (reps)	20	30 sec Rest	20	30 sec Rest	20				
30 Seconds Rest											
		Lunges (reps)	10	30 sec Rest	10	30 sec Rest	10				
30 Seconds Rest											
		Abs (rep) Choice of One									
		Sit-Ups	15	30 sec Rest	15	30 sec Rest	15				
		Crunches	15	30 sec Rest	15	30 sec Rest	15				
30 Seconds Rest											
		Prone ISO Abs/Front Plank (sec)	5	Rest	5	Rest	5				
		Stretch									

To add resistance and difficulty try adding the following:

	<b>Increase weight – Add Weighted Vest or Dumbbells</b>
	<b>Increase Time</b>
	<b>Increase Reps</b>

If you have added resistance please note that your exercise time may have increased.