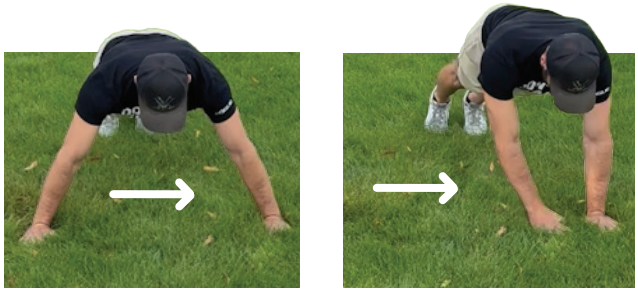
30-MINUTE WORKOUT FOR BUSY PARENTS

CIRCUIT-STYLE:
- Complete Block 1
- Rest for 60-90 seconds
- Complete Block 2
- Rest for 60-90 seconds
- Repeat 2 more times

BLOCK 1

BODYWEIGHT SQUAT: 10 REPS

WIDE PUSH UPS: 10 REPS

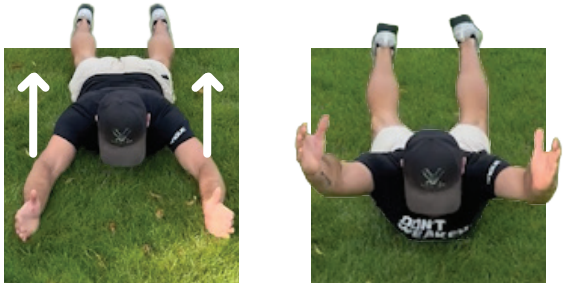


PLANK WALKS: 5 REPS EACH SIDE

RUSSIAN TWISTS: 10 REPS EACH SIDE

BLOCK 2

LUNGE JUMPS: 10 REPS



SUPERMANS: 10 REPS

BICYCLE CRUNCH: 10 REPS EACH SIDE

SIDE PLANK DIPS: 10 REPS EACH SIDE