

20-Minute Fat-Burning Circuit (Bodyweight Only)

No equipment. Just you, your mat, and 20 minutes of focused effort.

****Format:**** 4 rounds • 5 moves • 45s work / 15s transition

****Goal:**** Build endurance, torch calories, and move with purpose.

[] Squat to Heel Raise	Sit hips back, rise onto toes at the top. (Add 3-sec lower for more challenge)
[] Push-Up + Shoulder Tap	One push-up, tap each shoulder. (Incline or knee version as needed)
[] Reverse Lunge to Knee Drive	Step back, drive knee up. Alternate sides each rep.
[] Plank Crawl (High to Low)	From high plank to forearm plank and back. Switch lead arm each time.
[] Power March / High Knees	March briskly or perform high knees in place.

Warm-Up (2 minutes): March in place, hip hinges, arm circles, world's greatest stretch.

Cooldown (2 minutes): Calf stretch, quad stretch, chest/shoulder stretch, deep breathing.

Tips:

- ✓ Focus on steady breathing and clean form.
- ✓ Increase work time to 50s once form is solid.
- ✓ Perform tempo reps (3s lowers) for extra burn.