



**THE  
FITNESS  
GURU**

# 20/10/5

## **20 Reps of 10 Exercises. 5 Sets**

3 Minutes of Recovery Cardio between each set

### **1. Running in Place**

Run in place, lifting the knees to hip level, cranking the arms with the elbows at 90 degrees

### **2. Push Ups**

### **3. Squat Press**

Feet parallel, weights at shoulders, bending deep into the squat and pressing the arms overhead as you straighten the legs

### **4. 21's**

Bicep curls: halfway up for 7, halfway down for 7, full curl for 7

### **5. Scissors**

On back, hands behind head with head and shoulders lifted, straight legs scissoring to the ceiling and down to 6" off the floor

### **6. Plank Jacks**

In a plank, resting on forearms, jumping feet out and in

### **7. Upright Rows**

### **8. Box Step Ups (single leg)**

Stepping up onto the box, right leg first 20x, balancing at the top then lowering back down

### **9. Side Delt Raises**

### **10. Bicycles**

On back, cycling legs while twisting the upper body.

**Time yourself. Three minutes of cardio between each set. Post results on Twitter, Instagram or FB.**

**#tfg20105**