



**THE
FITNESS
GURU**

20/10/5

20 Reps of 10 Exercises. 5 Sets

3 Minutes of Recovery Cardio between each set

1. Box Jumps

Feet parallel, jump onto the box and step off

2. Mountain Climbers

Right/Left counts as a single count

3. Goblet Squat

Feet slightly more than shoulder width and turned out holding a single weight with both hands in front of the chest. Bend the knees and straighten

4. Forearm Push Ups

Plank position. Right forearm to the floor then the left forearm, then straighten right then left. Push up. Reverse

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. Jump Lunges

From a standing lunge position, with the right foot forward, jump and switch legs in the air. Continue for 20

7. Upright Rows

8. Medicine Ball Slams

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