



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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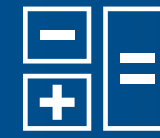
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## 20 MINUTE AT HOME FULL BODY WORKOUT PROGRAM

In need of a fast paced, quick, full body workout that you can do in the comfort of your own home - all in under 20 mins? Then check out this program!

Link to Workout: <https://www.muscleandstrength.com/workouts/20-minute-at-home-full-body-workout>

**Main Goal:** Lose Fat

**Training Level:** Beginner

**Program Duration:** 6 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 20 Mins

**Equipment:** Bodyweight, Dumbbells, Kettle Bells, Other

**Target Gender:** Male & Female

**Author:** Roger "Rock" Lockridge

### Phase 1: The First Five Minutes

Exercise	Work	Rest
1. <a href="#">Kettlebell Swings</a>	20 Secs	40 Secs
2. <a href="#">Goblet Squats</a>	20 Secs	40 Secs
3. <a href="#">Jump Rope</a>	20 Secs	40 Secs
4. 8 Counts	20 Secs	40 Secs
5. <a href="#">Plank</a>	20 Secs	40 Secs

### Phase 2: The Next Five Minutes

6. <a href="#">Kettlebell Swings</a>	30 Secs	30 Secs
7. <a href="#">Goblet Squats</a>	30 Secs	30 Secs
8. <a href="#">Jump Rope</a>	30 Secs	30 Secs
9. 8 Counts	30 Secs	30 Secs
10. <a href="#">Plank</a>	30 Secs	30 Secs

### Phase 3: The Half Way Point

11. <a href="#">Kettlebell Swings</a>	40 Secs	20 Secs
12. <a href="#">Goblet Squats</a>	40 Secs	20 Secs
13. <a href="#">Jump Rope</a>	40 Secs	20 Secs
14. 8 Counts	40 Secs	20 Secs
15. <a href="#">Plank</a>	40 Secs	20 Secs

### Phase 4: The Final Count Down

16. <a href="#">Kettlebell Swings</a>	45 Secs	15 Secs
17. <a href="#">Goblet Squats</a>	45 Secs	15 Secs
18. <a href="#">Jump Rope</a>	45 Secs	15 Secs
19. 8 Counts	45 Secs	15 Secs
20. <a href="#">Plank</a>	45 Secs	15 Secs