

# CINCOFIT'S 20-MINUTE WORKOUTS

## How to Use Guide

Our goal at CINCOfit is to remove every obstacle that keeps our members from getting fit! Some people don't achieve their fitness goals because they are too busy to get to the gym or they don't know what to do for their workouts. *CINCOfit's 20-Minute Workouts* is our solution for these problems and are written using these principles:

1. Every workout you do should have a purpose.
2. Each exercise in a given workout should align with that purpose.
3. Every workout should be part of a progressive, periodized plan.

By following our workouts, you will have a structured plan with a clear purpose.

## How to Complete the 20-Minute Workouts

Each month, the *20-Minute Workouts* will include two weekly strength workouts. You will complete each workout one time per week for a total of two workouts per week. They are to be performed on two separate days with at least one rest day in between. The workouts will be repeated for 4 weeks. Each week the workouts will progress in either intensity or volume. A video demonstration of each exercise will be provided as well as a log sheet to track your progress.

### Workout Log

Record your progress by completing the log provided on the workouts. This is an essential step to getting the most from your workouts. Record the weight used and the number of reps performed for all sets in this format: weight/reps (example: 10/12 = 10 pounds/12 rep).

### Weekly Progression

The weekly progression is listed at the bottom of the table on the workout sheet. Be sure to follow the weekly progressions to ensure you are getting the most from your workouts.

- Week 1: Choose a weight that will allow you to perform the required number of reps (no more, no less). Identifying the appropriate weight to use is a trial and error process.
- Weeks 2-4: Each week you will be challenged to add either more weight, more reps, or rest less between sets.

### Workout Directions

Directions are provided at the bottom of each workout. It is important to follow these step to ensure you are completing the workout correctly.

### Exercise Demonstrations

A YouTube link is provided for each workout which includes a brief demonstration of each exercise. View the demonstrations to assist you in completing the exercises correctly. You may want to keep your phone with you while working out in case you need to reference the videos.