


CINCOFIT'S 20-MINUTE WORKOUTS

JANUARY

Exercises		Week 1			Week 2			Week 3			Week 4		
		Set 1 Weight/Reps	Set 2 Weight/Reps	Set 3 Weight/Reps	Set 1 Weight/Reps	Set 2 Weight/Reps	Set 3 Weight/Reps	Set 1 Weight/Reps	Set 2 Weight/Reps	Set 3 Weight/Reps	Set 1 Weight/Reps	Set 2 Weight/Reps	Set 3 Weight/Reps
1	Reverse Lunge												
2	DB Bench Press												
3	Seated Cable Row												
4	Plank												
5	Sumo Squat												
6	DB Shoulder Press												
7	Lat Pulldown												
8	Toe Touch Crunch												
Weekly Progression		For each set work for 30 secs. Rest for 30 secs.			Keep weight the same. For each set work for 40 secs. Rest for 20 secs.			Increase weight for each exercise. For each set work for 40 secs. Rest for 20 secs.			Keep weight the same. For each set work for 45 secs. Rest for 15 secs.		

 **YouTube** Click to view a demonstration of each exercise: https://youtu.be/Oo2StH-_FcA

Workout 1: Timed Sets (Complete 1x per week)

In this workout, you will be performing timed sets with a short rest interval in between each set. Keep the weight light, but still challenging, so you can focus on completing as many reps as possible during the work interval. You only need to record the amount of weight used (if any) for each set.


1. Warm-up for 5 minutes. Choose from either the treadmill, elliptical, rower, or bike.
2. Perform one set of exercise 1 and then rest according to the weekly progression row.
3. Perform two more sets of exercise 1 resting between each set.
4. Repeat steps 2 & 3 for the remaining exercises.

DISCLAIMER CINCOfit's 20-Minute Workouts are not an individualized training program. It is designed to suit the needs of most people. If you have specific goals, a pre-existing injury, or medical condition, please consult with one of our personal trainers. Our training staff has an average of more than 12 years experience and can provide the expertise you need to safely and effectively reach your goals. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

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JANUARY

Exercises	Week 1			Week 2			Week 3			Week 4		
	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
1 Bench/Box Squats												
2 MB Shoulder Press												
3 Band Row												
4 MB Slam												
5 Bicycle Crunch												
Weekly Progression	For each set, work for 5 minutes. Rest for 90 secs between circuits.			For each set, work for 5 minutes. Rest for 75 secs between circuits.			For each set, work for 6 minutes. Rest for 75 secs between circuits.			For each set, work for 6 minutes. Rest for 60 secs between circuits.		

 **YouTube** Click to view a demonstration of each exercise: <https://youtu.be/gujax3Azd7s>

Workout 2: AMRAP (Complete 1x per week)

During this workout, you will complete a circuit, As Many Rounds As Possible (AMRAP), for a specified amount of time. A circuit is a group of exercises that target each major muscle group and is performed with no rest in-between exercises. Keep the weight light as the goal is to move continuously until the end of the round. You only need to record the amount of weight used (if any) for each set.

1. Warm-up for 5 minutes. Choose from either the treadmill, elliptical, rower, or bike.
2. Set a timer according to the weekly progression row in the table above.
3. Perform one set of 10 reps of all five exercises without resting in between.
4. Continue completing AMRAP of the circuit until the timer ends.
5. Rest according to the weekly progression row in the table above.
6. Complete two more sets of the circuit as performed in steps 2-5.

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