



## **Body Weight – RI:20**

Rounds in twenty minutes: Set your clock to twenty minutes and get moving!

Twelve (12) repetitions for each exercise

1. Sumo squats
2. Lunges (six per leg)
3. Russian twists
4. Hip up (each side)
5. *Optional:* jump squats

### **Prayer for “Motivation”**

“Jesus, today I pray for motivation to stick with this program and to make time for you. I pray that my ears are open for your guidance and that I can notice your motivation and feel your presence. Amen.”