



## **Body Weight – RI:20 #2**

Rounds in 20 minutes. Set your clock to twenty minutes and get moving! Eight repetitions for each exercise

1. Burpees
2. Body squats
3. Leg raises
4. Russian twists
5. Push-up (be sure to review how to modify this exercise)

### **Prayer for “Momentum”**

“I pray that I can continue to make time to focus on you and my health. I ask that you put in front of me opportunities to share my testimony of faith, so that through love we may serve. Amen.”