

# 20 Minute workout to make you sweat

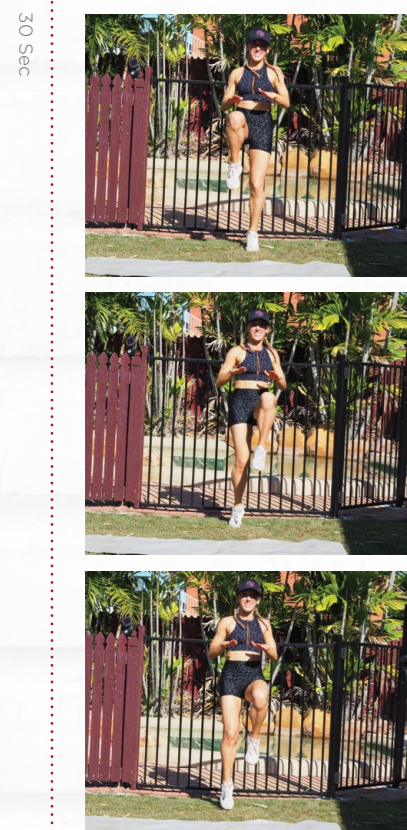


**ZOE SPILLANE**  
Fitness with Zoe

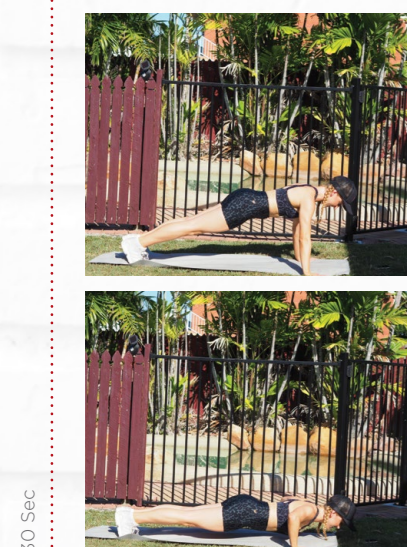
We are all running low on time and looking for something to fit in to our schedule. Checkout this great 20 minute HITT workout by Zoe from Fitness with Zoe that you can fit in whenever, wherever no equipment required!

The workout consists of six sets, two exercises per set – Exercise 1 and Exercise 2. Each exercise must be done for 30 seconds. Repeat each set three times then rest for 30 seconds and move on to the next two movements. Each round is three minutes long with 30 seconds rest in-between.

## 1 High knees

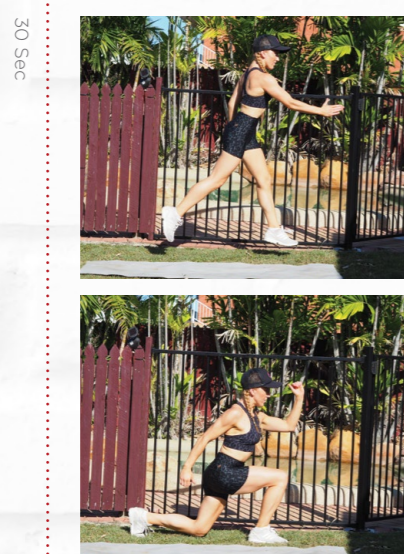


30 Sec  
REST

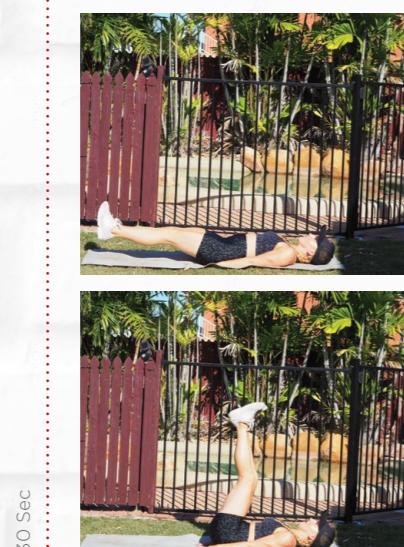


## 2 Push up rotate

## 1 Alternating jump lunges

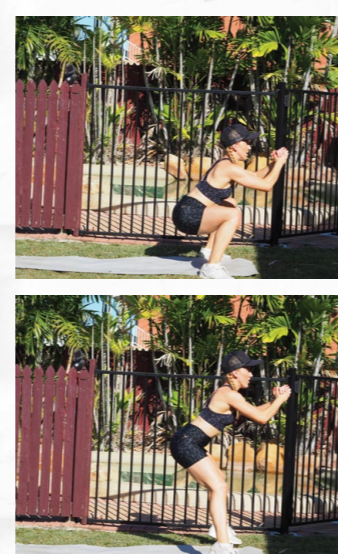


30 Sec  
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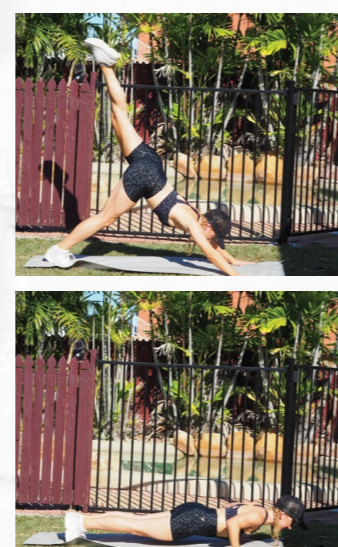


## 2 Reverse crunch

## 1 Squat travel up and down mat

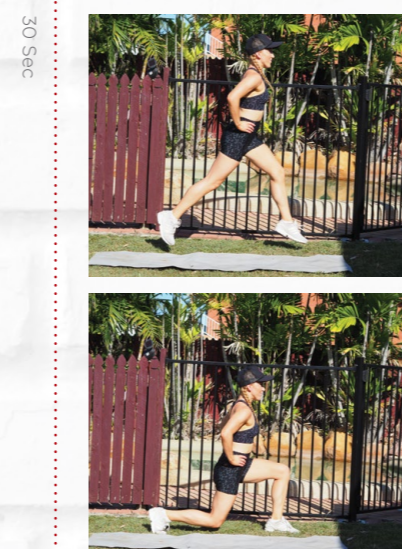


30 Sec  
REST

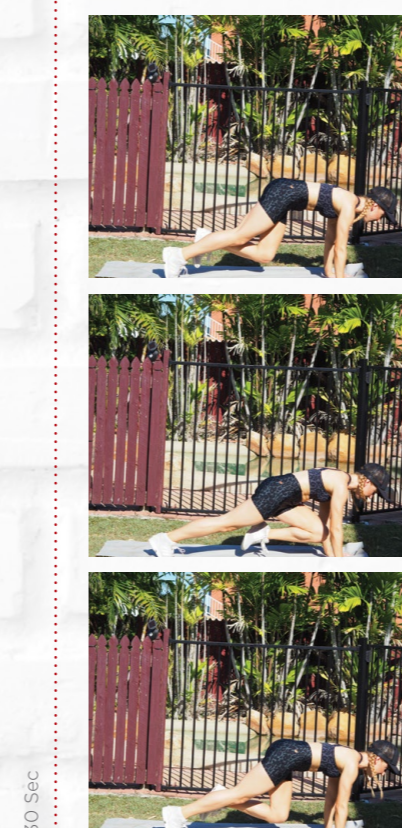


## 2 Push up leg lift

## 1 Pulsing jump lunges left

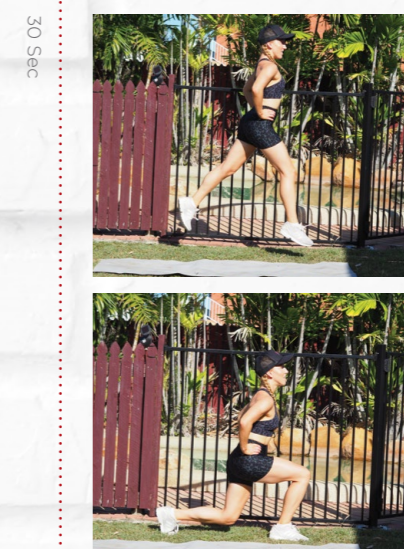


30 Sec  
REST

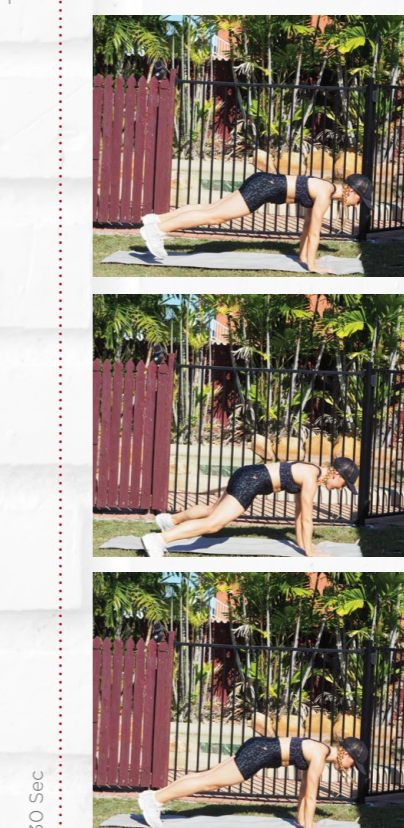


## 2 Mountain climbers

## 1 Pulsing jump lunges right



30 Sec  
REST

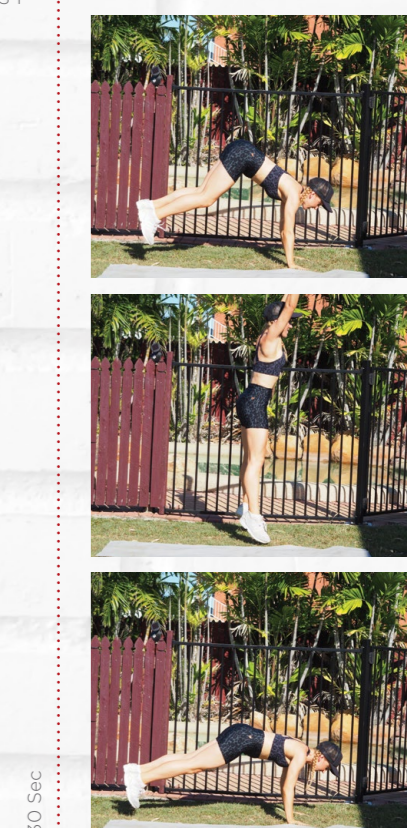


## 2 Plank jacks

## 1 Jumping touch downs



30 Sec  
REST



## 2 Burpee