NO GYM / NO EQUIPMENT

The 20-minute anywhere session.

For travel days, busy weeks and small spaces. A quiet full-body workout you can keep on your phone and do whenever you have twenty minutes.

4	4	40s	20s
MOVES	ROUNDS	WORK	REST

YOUR SESSION

01 **Warm up**
3 minutes: march, easy squats and arm circles.

02 **Complete 4 rounds**
40 seconds on each move, then 20 seconds rest.

03 **Cool down**
1 minute of gentle movement and easy breathing.

SAVE THIS FOR YOUR NEXT BUSY DAY.
Every move includes an easier and harder option on the next page.

Your four moves.

Complete 4 rounds. Move with control and choose the option that suits you today.

01 — 40s ON / 20s OFF

Split squat

Stay tall; your front knee tracks over your toes. Switch legs each round.

EASIER

Hold a wall for balance and shorten the range.

HARDER

Take 3 seconds to lower, then pause.

02 — 40s ON / 20s OFF

Push-up

Lower slowly. Keep your body in one line from head to heels.

EASIER

Place your hands on a wall or stable bench.

HARDER

Take 3 seconds to lower, then pause.

03 — 40s ON / 20s OFF

Single-leg glute bridge

Squeeze at the top without arching your back. Switch sides each round.

EASIER

Keep both feet on the floor for a regular glute bridge.

HARDER

Hold at the top for 3 seconds.

04 — 40s ON / 20s OFF

Dead bug

Move slowly and keep your lower back gently against the floor.

EASIER

Keep arms up and alternate heel taps.

HARDER

Extend the opposite arm and leg with control.

FINISH: 1 MINUTE OF GENTLE MOVEMENT + EASY BREATHING

Stop if you feel pain, dizzy or unwell. Choose a range that feels controlled.