

## GET TO 20

### Equipment Needed: Workout Mat, 10-15 lb Dumbbells

Start both exercises at 10 reps. Drop the first movement by 1 and increase the second movement by 1 until you've reached 1 rep for the first movement and 19 reps for the second movement. Then move on to the next 2 rounds.

**Duration:** 20-30 minutes

### Workout:

- Round 1
  - Push-ups x 10 reps
  - Bent-Over Rows x 10 reps
  - .... Keep going until push-ups are 1 and bent-over rows are 19
- Round 2
  - Dumbbell Squats x 10 reps
  - Deadlifts x 10 reps
  - .... Keep going until squats are 1 and deadlifts are 19
- Round 3
  - 1 Single-Leg Glute Bridge x 10ea leg
  - Leg Raises x 10 reps
  - .... Keep going until glute bridges are 1 and leg raises are 19

