



20 MINUTE WINTER WORKOUT

- 60 seconds:** Sprints up and down a flight of stairs, two steps at a time if you can.
- 60 seconds:** High knees (like a fast, bouncy, knees-up-to-chest march-in-place).
- 60 seconds:** Simulated jump rope.
- 40 seconds:** Squats, then a 20-second rest
- 40 seconds:** Jumping jacks, followed by 20-second rest.
- 40 seconds:** Push-ups, followed by 20-second rest
- 40 seconds:** Split squats (one foot in front of the other), 20 seconds each side; 20-second rest
- 40 seconds:** Mountain climbers, followed by a 20-second rest
- 2 minutes:** Rest
- 60 seconds:** Sprints up and down a flight of stairs, two steps at a time if you can.
- 60 seconds:** High knees (like a fast, bouncy, knees-up-to-chest march-in-place).
- 60 seconds:** Simulated jump rope.
- 40 seconds:** Squats, then a 20-second rest
- 40 seconds:** Jumping jacks, followed by 20-second rest.
- 40 seconds:** Push-ups, followed by 20-second rest
- 40 seconds:** Split squats (one foot in front of the other), 20 seconds each side; 20-second rest
- 40 seconds:** Mountain climbers, followed by a 20-second rest

Workout from MarieClaire <http://bit.ly/17V9AMW>. As with any workout, see a physician before beginning an exercise program.