

# 20 minute

# Circuit Workout

4 sets

## 1. high knees

60 seconds



## 2. squats

60 seconds



## 6. bear crawl

20 seconds



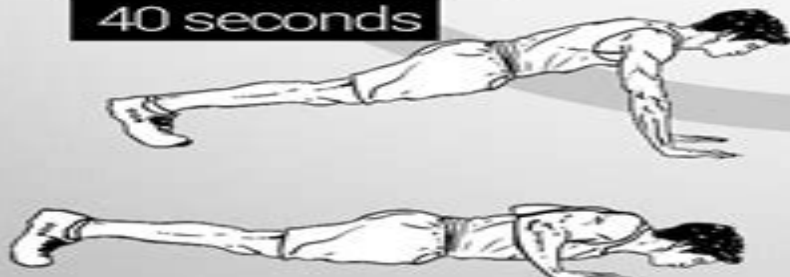
## 3. forward lunges

60 seconds



## 5. push ups

40 seconds



## 4. cross-body mountain climbers

60 seconds



# Men39s Health Circuit Workout

**L Manion**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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