



10 – 20 – 30 Workout

This workout can be done with any type of cardiovascular exercise and is structured such that it can be completed in 12 minutes (although more rounds can be added for an extra challenge). The only piece of equipment required is a watch so don't hesitate to take the workout outside if no gym equipment is accessible.

The Workout

Warm-up

3 minutes easy cardio of choice

Main Set

12 rounds of:

- 30 seconds easy exercise
- 20 seconds moderate exercise
- 10 seconds hard exercise

Cool-down

3 minutes easy cardio of choice

