



20 Minute Full Body Workouts for the Busy Woman

Each of the workouts listed here are broken down into two parts. Part 1 is the strength training component and Part 2 is the metabolic conditioning part of the program.

After warming up you should spend around 10 minutes (more if you need) for the strength portion. There are one to two exercises in part 1 and they should be done with proper form for quality reps (QR) or good controlled form.

There are 5 sets per exercise in the strength component and each time the weight for the exercise will change. The weight is based off of your 1 Rep Max (RM), the amount of weight you can lift for just 1 rep.

The second part of the workout is the metabolic conditioning part of the workout. The exercises should be done for about 3-5 rounds or as many as you can do in 10 minutes.

It may take a little time to figure how the weights to use but after that you should be ready to go!

There is no defined rest during these workouts so be sure to listen to your body and take rests as needed.

Hope you enjoy these workouts!!

In Health and Happiness,

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Squats:

Set 1: 10 reps at 60% 1RM (Rep Max)

Set 2: 8 reps at 70% 1RM

Set 3: 6 reps at 80% 1RM

Set 4: 1-4 reps @ NRM (Near Rep Max)

Set 5: 15 reps @ 60% 1RM

3 sets of the following:

10 Chin ups (assisted)

15 Push ups

15 TRX Rows

200 meters Row

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**PART 1: STRENGTH AND HYPERTROPHY
SQUATS AND DEADLIFTS**

**SET 1 = 10 REPS AT 60% 1RM (REP
MAX)**

SET 2 = 8 REPS AT 70% 1RM

SET 3 = 6 REPS AT 80% 1RM

SET 4 = 4 REPS AT NEAR REP MAX

SET 5 = 15 REPS AT 60% 1RM

**PART 2: METABOLIC
CONDITIONING**

**5 ROUNDS AS FAST AS
POSSIBLE WITH QUALITY REPS**

15 TRX INVERTED ROWS

15 PUSH UPS

15 SHOULDER PRESSES

20 ROPE SLAMS

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PART 1: STRENGTH AND HYPERTROPHY
INCLINE CHEST PRESS + LAT PULL DOWN

SET 1 = 10 REPS AT 60% 1RM (REP MAX)
SET 2 = 8 REPS AT 70% 1RM
SET 3 = 6 REPS AT 80% 1RM
SET 4 = 4 REPS AT NEAR REP MAX
SET 5 = 15 REPS AT 60% 1RM

**PART 2: METABOLIC
CONDITIONING**

5 ROUNDS AS FAST AS
POSSIBLE WITH QUALITY
REPS

15 STEP UPS ON EACH
LEG
15 TRX BICEP CURL
15 KETTLEBELL SWINGS
200 METER ROW

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Today's Workout:

Part 1 : Strength & Hypertrophy

Squats

Set 1 = 12 reps at 60% 1 RM (rep max)

Set 2= 8 reps at 70% 1 RM

Set 3= 6 reps at 80 % 1 RM

Set 4= 4 reps at NRM (near rep max)

Set 5= 20 reps at 60 % 1 RM

Part 2: Metabolic Conditioning

40 Deadlifts

40 TRX inverted rows

40 Push ups

40 Kettlebell Swings

40 sit ups

400 meter run

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**PART 1: STRENGTH AND
HYPERTROPHY
CHEST PRESS AND ROW**

**SET 1 = 10 REPS AT 60% 1RM
(REP MAX)**

SET 2 = 8 REPS AT 70% 1RM

SET 3 = 6 REPS AT 80% 1RM

**SET 4 = 4 REPS AT NEAR REP
MAX**

SET 5 = 15 REPS AT 60% 1RM

**PART 2: METABOLIC
CONDITIONING**

**5 ROUNDS AS FAST AS
POSSIBLE WITH QUALITY
REPS**

10 CLOSE GRIP PUSH UPS

10 PUSH PRESS

20 SIT UPS

200 METER ROW

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Set # 1 - Strength

Squat & Hip Thrusts

Set 1=10 reps @ 60 % 1 RM

Set 2 =8 reps @ 70% 1 RM

Set 3= 6 reps @ 80% 1 RM

Set 4= 4 reps @ NRM

Set 5= 20 reps @ 60% 1RM

Set #2- Metabolic Conditioning

15 Renegade Rows

15 Shoulder Presses

15 Push ups

15 Kettle bell Swings

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Part #1- Strength
Shoulder Press
Bent Over Row

Set 1=10 reps @ 60 % 1 RM

Set 2 =8 reps @ 70% 1 RM

Set 3= 6 reps @ 80% 1 RM

Set 4= 4 reps @ NRM

Set 5= 20 reps @ 60% 1RM

Part #2-Metabolic
Conditioning

20 push ups

15 Bicep curl

20 Squats

15 Jump Lunges

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Set #1 - Strength

Chest Press

Set 1=10 reps @ 60 % 1 RM

Set 2 =8 reps @ 70% 1 RM

Set 3= 6 reps @ 80% 1 RM

Set 4= 4 reps @ NRM

Set 5= 20 reps @ 60% 1RM

Set #2- Metabolic Conditioning

20 Sit Ups

20 Ball Slams

15 Close Grip Push Ups

15 Forearm to hand walks/planks

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Workout #1

Part #1 Strength

Squats

Set #1 = 10 reps at 60% 1RM

Set #2 = 8 reps at 70% 1RM

Set #3 = 6 reps at 80% 1RM

Set #4 = 4 reps at NRM

Set #5 = 15-20 reps at 60% 1RM

Part #2 Metabolic Conditioning

10 Chin Ups (assisted)

15 Push Ups

15 TRX Rows

200 Meter Row

Workout #2

Part #1 Strength

Incline Bench Press

Set #1 = 10 reps at 60% 1RM

Set #2 = 8 reps at 70% 1RM

Set #3 = 6 reps at 80% 1RM

Set #4 = 4 reps at NRM

Set #5 = 15-20 reps at 60% 1RM

Part #2 Metabolic Conditioning

15 TRX Inverted Rows

15 Kettle bell Swings

200 Meter Row

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Workout #3

Part #1 Strength

Squats and Dead lifts

Set #1 = 10 reps at 60% 1RM

Set #2 = 8 reps at 70% 1RM

Set #3 = 6 reps at 80% 1RM

Set #4 = 4 reps at NRM

Set #5 = 15-20 reps at 60% 1RM

Part #2 Metabolic Conditioning

15 TRX Inverted Rows

15 Push Ups

15 Shoulder Presses

20 Rope Slams

Workout #4

Part #1 Strength

Incline Chest Press & Lat Pull Down

Set #1 = 10 reps at 60% 1RM

Set #2 = 8 reps at 70% 1RM

Set #3 = 6 reps at 80% 1RM

Set #4 = 4 reps at NRM

Set #5 = 15-20 reps at 60% 1RM

Part #2- Metabolic Conditioning

15 Step Ups on each leg

15 Bicep Curl

15 Kettle Bell Swings

200 Meter Row

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Workout #5

Part #1 Strength

Squats

Set #1 = 10 reps at 60% 1RM

Set #2 = 8 reps at 70% 1RM

Set #3 = 6 reps at 80% 1RM

Set #4 = 4 reps at NRM

Set #5 = 15-20 reps at 60% 1RM

Part #2 Metabolic Conditioning

40 Dead lifts

40 TRX Inverted Rows

40 Push Ups

40 Sit Ups

Workout #6

Part #1 Strength

Chest Press & Row

Set #1 = 10 reps at 60% 1RM

Set #2 = 8 reps at 70% 1RM

Set #3 = 6 reps at 80% 1RM

Set #4 = 4 reps at NRM

Set #5 = 15-20 reps at 60% 1RM

Part #2-Metabolic Conditioning

10 Close Grip Push Ups

10 Push Press

20 Sit Ups

200 Meter Row

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Workout #7

Part #1 Strength

Squats and Hip Thrust

Set #1 = 10 reps at 60% 1RM

Set #2 = 8 reps at 70% 1RM

Set #3 = 6 reps at 80% 1RM

Set #4 = 4 reps at NRM

Set #5 = 15-20 reps at 60% 1RM

Part #2 Metabolic Conditioning

15 Renegade Rows

15 Shoulder Presses

15 Push Ups

15 Kettle Bell Swings

Workout #8

Part #1 Strength

Should Press and Bent Over Row

Set #1 = 10 reps at 60% 1RM

Set #2 = 8 reps at 70% 1RM

Set #3 = 6 reps at 80% 1RM

Set #4 = 4 reps at NRM

Set #5 = 15-20 reps at 60% 1RM

Part #2-Metabolic Conditioning

20 Push Ups

15 Bicep Curls

20 Squats

14 Jump Lunges

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Workout #9

Part #1 Strength

Chest Press

Set #1 = 10 reps at 60% 1RM

Set #2 = 8 reps at 70% 1RM

Set #3 = 6 reps at 80% 1RM

Set #4 = 4 reps at NRM

Set #5 = 15-20 reps at 60% 1RM

Part #2- Metabolic Conditioning

20 Sit Ups

20 Ball Slams

15 Close Grip Push Ups

15 Forearm to hand walk/planks

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