

# Mum in a Rush: Fitness

~it's never too late~

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## 20-MINUTE TABATA WORKOUT

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Exercise	Max out	Rest
Squats	20 secs	10 secs
Forward Lunges	20 secs	10 secs
Burpees	20 secs	10 secs
Press-ups	20 secs	10 secs
Mountain climbers	20 secs	10 secs
Back extensions	20 secs	10 secs
Star jumps	20 secs	10 secs
Reverse Lunges	20 secs	10 secs

Full video on:

<https://muminarush.com/home-workouts-are-just-as-powerful/>