

# Intense 20 Minute Circuit Workout Training At Home

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It is suitable for intermediate. So if you're working out for a while, you can do this 20-min HIIT circuit training at home to challenge your stamina and strength.

## Summary:

- You'll do 6 circuits in a session.
- One Circuit: 6 Exercises
- One exercise duration: 20-seconds
- Total time for one round: 2 minutes
- Rest between each circuit: 90-seconds
- Frequency: 3 times a week (you can do everyday if you like)

## Monday

Circuit 1-4	Circuit 2-5	Circuit 3-6
Jumping jacks	Half Burpees	Squat Jump
Side Drills	Heel Touches	Shadow Boxing
Mountain Climber	Flutter Kicks	Pushup
Squats	Floor IYT Raise	Leg Raises
Pushup	Forward Lunges	Sumo Squat
V ups	Glute Bridge	<a href="#">Side Plank Dips</a>

## Wednesday

Circuit 1-4	Circuit 2-5	Circuit 3-6
Squat Jump	Plyo Lunges	Chair Pose
Floor IYT Raises	Mountain Climber	Burpees
<a href="#">Half Jack</a>	Shoulder Tap	Air squats
Squats	Butterfly Situp	Tuck ups
<a href="#">Bear Crawl</a>	Frog Jump	Pushup

Circuit 1-4	Circuit 2-5	Circuit 3-6
Heel Touch Crunches	Reverse Crunches	Plank

## Friday

Circuit 1-4	Circuit 2-5	Circuit 3-6
Burpee	High Knees	Forward Lunges
Mountain Climber	Situp	Burpees
Mountain climbers	<a href="#">Tuck Jump</a>	Bird Dog Plank
Jumping Split Squat	Narrow Pushup	Leg Raises
Standard Pushup	Jump Squat	Lateral Squat
Reverse Crunches	Floor IYT Raises	Superman Pull

## Is 20-Minute Of Circuit Training Enough?

Yes, a 20-minute circuit training a day is enough for a healthy, energetic, and productive life.

You can burn as many as 250-300 calories in just twenty minutes. So if you're trying to lose weight, it can speed up the process.

Working out for 20 minutes a day has myriads health benefits. For example, it increases strength and endurance, reduces stress, boosts mental health, and develops overall fitness.

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