

FREE GUIDE

20-Minute Workouts for Busy Parents

From the coaches at CrossFit OTL



Twenty minutes counts

You don't need an hour, a babysitter or a gym bag to get stronger. You need 20 minutes, a little floor, and permission to put yourself on the list.

How to use these

- Pick **2 or 3 a week**. Any order.
- Every workout starts with the same 3-minute warm-up: 1 minute marching, 10 air squats, 10 arm circles each way, 10 hip hinges.
- Each move has an easier version in brackets. Use it any time.
- Kids want in? Every workout has a kid version. Let them count your reps.
- Newly postpartum or managing a health condition? Get your doctor's okay first.

A week that works

Day	When	Workout
Monday	Nap time	1 · Living room
Wednesday	After school	3 · Playground
Saturday	Backyard	5 · Family relay

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The six workouts

1 • Living room (nap time)

4 rounds: 12 air squats [to a chair] · 8 push-ups [hands on the couch] · 12 glute bridges · 30-second plank [knees down]. Rest 1 minute between rounds.

2 • Every minute

Every minute for 16 minutes, alternating: 10 reverse lunges [hold a wall] · 20 seconds of fast marching or jumping jacks.

3 • Playground

As many rounds as you can in 15 minutes: 10 step-ups on a bench · 10 incline push-ups on the bench · walk one lap around the playground.

4 • Stroller walk

A brisk 15-minute walk. Every 3 minutes, stop for 10 air squats and 10 walking lunges.

5 • Family relay

Set two markers 10 big steps apart. Take turns: one person does 5 squats, then everyone runs or skips to the far marker and back. 15 minutes.

6 • Countdown

10 air squats, 10 push-ups, 10 sit-ups, then 9 of each, then 8, down to 1. Stop at 20 minutes wherever you are.

Kid versions

Animal walks (bear crawl, crab walk, frog jumps), "freeze" squats when the music stops, and holding a plank while you hold yours. Make it a game, not a lesson.

When you're ready for more

Train together

At CrossFit OTL, kids have their own class on Tuesday and Thursday at 4 PM, and teens train alongside the 5 PM adult class. Your kid trains while you train, and the family leaves together.

Ages 6 to 17. Every class is coached and scaled to the person doing it, from first-timers to athletes.

Start with a free intro

Sit down with a coach, talk about your goals and your family's schedule, and see the gym. No workout, no cost. Ask about a family intro if your kids want to try too.

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