



HIIT TRAINING

-Complete 1 set of each exercise.

-Rest 60-90 sec

-Repeat 3-5 Sets altogether

	REPS/TIME	EXERCISE
WARM UP	3 SETS OF 10 REPS EACH	SQUAT LUNGE STARM JUMPS MOUNTAIN CLIMBER INCHWORM
A1	12/L	SQUAT AND ABDUCT <i>Wide stance, toes pointing out. Control downwards movement through glutes & hamstrings. When you reach the top of the squat, lift right leg up to the side (abduct). Squat again & repeat on left</i>
A2	20-30	GLUTE THRUSTS <i>Wide stance, toes pointing out. Control downwards movement through glutes & hamstrings. When you reach the top of the thrust squeeze your glutes hard. Slowly lower to start position.</i>
A3	15/LEG	WALK LUNGES <i>Brace your core, step forwards and lower into the lunge, pause at the bottom and drive through your front heel, continue walking forwards.</i>
A4	15	INCLINE PRESS UPS <i>Hands on the bench, slowly lower into a press up position making sure your core is braced and your chest is over the bench.</i>
A5	10	POP SQUAT <i>Fast movement, drop into a squat and drive high out of the squat and land with your feet together. Repeat</i>
A6	10	TRICEP PUSH UPS <i>Starting on your knees and your elbows tucked into your sides. Slowly lower into the push up position. Pause at the bottom and drive through your triceps back to the start position.</i>