



HIIT TRAINING

-Complete 1 set of each exercise.

-Rest 60-90 sec

-Repeat 3-5 Sets altogether

	REPS/TIME	EXERCISE
A1	30 Sec	High Knees Driving the knee into the chest as fast as possible on the spot.
A2	30 Sec	High Plank with shoulder raises Starting in a high plank position. Brace your core, lift your right arm off the ground in front of you. Repeat on other side.
A3	30 Sec	Squat & Abduct 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.
A4	30 Sec	Inchworm A great exercise for the full body. Standing upright curl your upper body down and touch your toes. Slowly walk your hand out until you are in a high plank hold. Pause and return to start position.
A5	30 Sec	Squat & Reverse Lunge Lower into a full squat position. Return to top and step backwards with left leg and lower into a lunge. Return to a squat and repeat lunge on right leg. This is one rep.
A6	30 Sec	Plank Plank/prone hold position is on your elbows and your toes. Contract your core and hold in this position.
A7	30 Sec/Leg	Glute Kickbacks Using a band if you have one available. Start in a table-top position on your knees and hands with a flat back. Kick one leg up to ceiling and squeeze your glutes. Repeat on other leg.
A8	30 Sec	Incline Press Ups This is to be done over a bench. Starting in a full or half press up. Goal to complete as many reps in 30 seconds. If you can't do full or half press up you can try a box press up.