

FULL BODY HIIT WORKOUT

6 ROUNDS, 2 MOVE EACH ROUND.
40 SECONDS ON, 20 SECONDS OFF.
REPEAT EACH MOVE 3 TIMES.

ROUND 1:
JUMP LUNGES
PLANK JACKS

ROUND 2:
LOW SQUAT PULSE
PLANK WALKS

ROUND 3:
HAND RELEASE PUSHUPS
MOUNTAIN CLIMBERS

ROUND 4:
JUMPING JACKS
PIKE PUSHUPS

ROUND 5:
LATERAL HOP BURPEES
PLANK SHOULDER TAPS

ROUND 6:
BEAR CRAWL 4 FORWARD/4 BACK
SUITCASE CRUNCH

