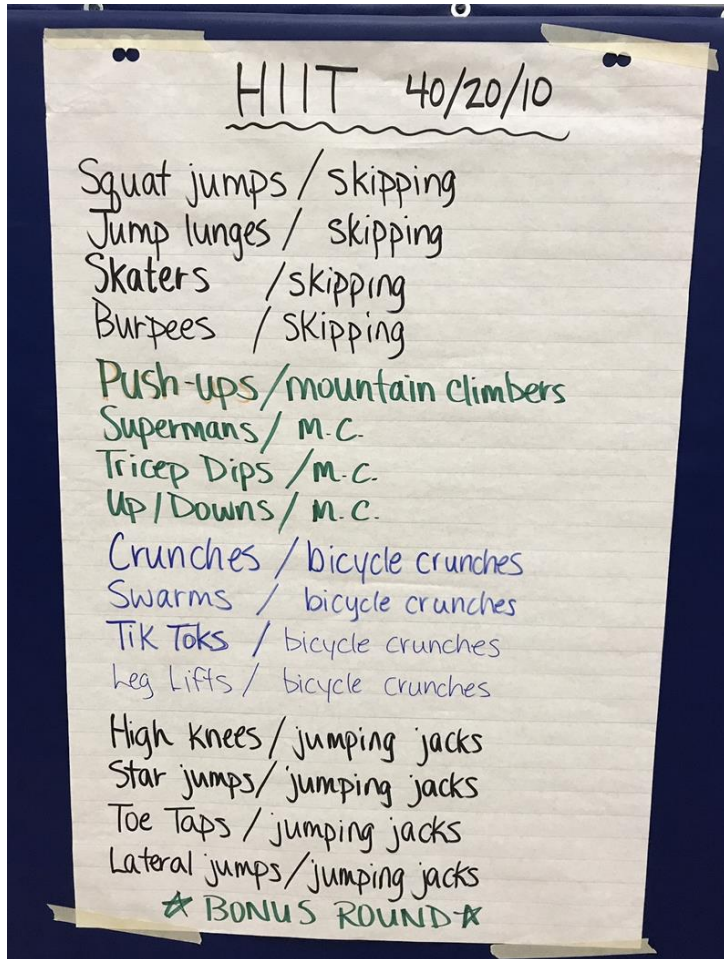


At Home HIIT

*no equipment required, timer recommended

Do each block of 4 exercises continuously. The first exercise listed is for 40 seconds, followed by the second exercise listed for 20 seconds, followed by a 10 second rest. After each color block, rest for 90 seconds and go on to the next block.



Black = cardio

Squat jumps – go into a squat, then jump as high as you can
Jump lunges – go into a lunge, jump up and switch your legs
Skaters – jump from side to side with your back leg swinging behind you
Burpees – jump up, then go into a plank, then back to your feet

Green = upper body

Push-ups – regular or modified, you choose...
Supermans – lie on your stomach, extend your arms, lift up arms and legs at the same time
Tricep dips – in a crab position, lift up and down with your triceps
Up/Downs – in a plank position, drop to elbows, then back to hands

Blue = core

Crunches – basic crunch, lift shoulders 1" off the ground
Swarms – on your back, try and touch the inside of your ankle
Tik Toks – on your back, drop your legs from side to side, bend knees to make it easier
Left Lifts – on your back, lift your legs straight up and down

Black = cardio

High knees – run on the spot lifting your knees in front as high as you can
Star jumps – like a jumping jack, but arms and legs stretch out at the same time
Toe taps – doing a high knees run, but tapping your hand to the inside of your opposite foot
Lateral jumps – jumping side to side, both feet together

BONUS ROUND = go back and choose any 4 options from the previous groups and do them again!

The circuit, with all 5 rounds takes about 25 minutes. Make sure you add your own warm-up before starting, and a light stretch after. If you are feeling really inspired, do the circuit twice!