



Today's Workout: HIIT Workout

HIIT – High Intensity Interval Training
Focus: Endurance (30 minutes)

3 Rounds: 45 seconds work, 15 seconds rest...next exercise
Each round is 7 minutes.
2 minute rest between rounds

1. Push Ups
2. Squats
3. Butt Kicks
4. Curl Ups
5. Jumping Jacks
6. Power Punches
7. Step Ups