

7 DAYS HIIT WORKOUT



BEFORE WORKOUT: WARM-UP

TO REMEMBER: ONE DAY NEEDED IN BETWEEN

SL=SINGLE LEG
REPS=REPETITION
SSEC=SECOND
SAL=ALTERNATING

1 DAY 1 Circuit

- AL LUNGE CLAP TO SQUAT: 30 sec
- AL CURTSY LUNGE: 30 sec
- KNEELING PRISONER SQUAT: 30 sec
- ANGLED TO FORWARD GLUTE BRIDGE: 30 sec
- You'll have a 20 seconds ACTIVE PAUSE between exercises: RUNNING IN PLACE. Take a 2 mins break after each circuit, then repeat the circuit.
- Repetition: 4 sets.

2 DAY 2 Circuit

- BURPEES: 40 sec
- HIGH KNEE RUNNING IN PLACE: 40 sec
- PLANK HOLD SHOULDER TAP: 60 sec
- FLUTTER KICKS: 60 sec
- You'll have a 20 seconds ACTIVE PAUSE between exercises: RUNNING IN PLACE. Take a 2 mins break after each circuit, then repeat the circuit.
- Repetition: 4 sets.

3 DAY 3 Circuit

- LUNGE WITH SHOULDER PRESS: 30 sec
- CROSS BODY MOUNTAIN CLIMBERS: 30 sec
- KNEELING SQUAT TO JUMP: 30 sec
- KNEE TO ELBOW PLANK: 30 sec
- You'll have a 20 seconds ACTIVE PAUSE between exercises: RUNNING IN PLACE. Take a 2 mins break after each circuit, then repeat the circuit.
- Repetition: 4 sets.

4 DAY 4 Circuit

- JUMPING LUNGES & SWITCH: 12 reps / side
- WEIGHTED JUMPING SQUATS: 12 reps
- EXPLOSIVE STEP-UPS: 12 reps / side
- KETTLEBELL SWING: 12 reps
- You'll have a 20 seconds ACTIVE PAUSE between exercises: RUNNING IN PLACE. Take a 2 mins break after each circuit, then repeat the circuit.
- Repetition: 4 sets.

5 DAY 5 Circuit

- LATERAL JUMPS: 40 sec
- HIGH TOE TAP: 30 sec
- PLANK HOLD SHOULDER TAP: 60 sec
- FLUTTER KICKS: 60 sec
- You'll have a 20 seconds ACTIVE PAUSE between exercises: RUNNING IN PLACE. Take a 2 mins break after each circuit, then repeat the circuit.
- Repetition: 4 sets.

6 DAY 6 Circuit

- STANDING CROSS-BODY CRUNCH: 20 sec / side
- SIDE STEPS OVER STEPPER: 40 sec
- MOUNTAIN CLIMBERS: 40 sec
- SKATERS OVER STEPPER: 30 sec
- You'll have a 20 seconds ACTIVE PAUSE between exercises: RUNNING IN PLACE. Take a 2 mins break after each circuit, then repeat the circuit.
- Repetition: 4 sets.

7 DAY 7 Circuit

- HEEL TOUCH TO BUTT KICKS: 30 sec
- POGO JUMP TO FRONT SQUAT DROP: 30 sec
- JUMP JACKS: 30 sec
- SCRIBBLED JUMPS: 30 sec
- You'll have a 20 seconds ACTIVE PAUSE between exercises: RUNNING IN PLACE. Take a 2 mins break after each circuit, then repeat the circuit.
- Repetition: 4 sets.