

# HIIT WORKOUT

*\*Please consult a physician before starting an exercise program.*



Remember to do a warmup before starting the workout.

## Round #1



### **Kangaroo Jumps (20 seconds)**

Start by squatting down to touch floor. Once down explode up into starfish pose. This exercise can be modified by removing the jump. Continue this move at your own pace for 20 seconds then rest for 20 seconds.



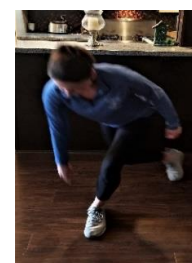
### **Low Jacks (30 seconds)**

Bend knees and do a jumping jack keeping low throughout the movement. Make sure to keep pelvis tilted forward to ensure that knees are in a safe position. This exercise can be modified by replacing it with any other jumping jack. Recover 20 seconds.



### **Alternating Side Lunge Jump with Floor touch (40 seconds)**

Lunge left with some power and speed to touch the floor then lunge right to touch floor. Recover for 20 seconds.



### **Push Ups**

Do 15 pushups. This can be modified with push ups from knees or with hands on a wall.

Complete each exercise 2 to 3 times.

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## Round #2



### Split Squat Jumps (20 Seconds)

Step one foot back and sink into a lunge with both knees bent. Keep your front heel down as you lunge back. Explode up and jump out of the lunge to the other side. This exercise can be modified by taking the explosive element out and just lunging from one leg to the other. Recover for 20 seconds.



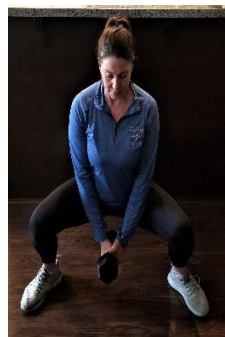
### Mogul Jumps (30 Seconds)

Jump to the right into a squat and then explode up and jump to the left repeating the same movement. This exercise can be modified by replacing it with a regular squat. Recover for 20 seconds.



### Wide Squat to Floor Touch

Start by standing tall and jump legs out and drop to touch right arm to the floor and then jump back feet back together and repeat touch the left hand to the floor. This exercise can be modified by doing a squat with feet open wide. Recover for 20 seconds.



### Wide Squat to Reverse Chops

Squat down with weight at the center of your body stand up and lift arms up and over right shoulder and squat then repeat on the other side. Do 20 chops in total.

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## Round #3



**Squat Jumps (20 Seconds)**  
Squat then explode up into a jump. This exercise can be modified by squatting and then standing up onto your tippy toes. Recover for 20 seconds.



**High Knees (30 Seconds)**  
Run in place lifting knees up as high as you can. This exercise can be replaced by running quickly on the spot or fast feet. Recover for 20 seconds.



**Hopping Hamstring Curls (40 Seconds)**  
Hop on both feet then bring right foot up to kick glutes then repeat the hop and bring your left foot up to glutes. Recover for 20 seconds.



**Inchworm**  
Start in standing position and bend down to floor. Walk hands out to plank. 10 times.





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## Round #4

### Burpees (20 Seconds)

Jump down into plank then jump feet back up and explode into starfish pose. Recover for 20 seconds.



### Switch Backs (30 Seconds)

Start in plank position then hop one foot beside right leg and then repeat on left.



### Plank Jacks (40 Seconds)

From plank position jump feet out and back together.



### 3 Way Plank

Hold a side plank for 30 seconds then roll into regular plank and hold for 30 seconds then roll onto the other side for 30 seconds. Continue to hold each position twice for 30 seconds before resting.