



Quick HIIT Workout

Warm Up

(5-8 minutes to prepare your body for the workout)

(Perform each exercise for 45 seconds followed by 15 seconds of rest. Perform as many rounds you have time for or stop once your form is no longer good even with modifications.)

Squat Kicks

Lunge with Knee Lift

Push Ups

Flutter Kicks

Mountain Climbers

High Knees

Burpees

Triceps Push Ups or Dips

Skiers

Plank Jacks

Cool Down & Stretch