

# Total Body (H.I.I.T) Workout



## High Knees Jogging

Jog in place, at full speed, for 1 minute.

You may either swing your arms or hold a weighted medicine ball overhead to engage your abs, shoulders and arm.

Make sure you stay on the balls of your feet and your knees come up high enough to touch your chest.

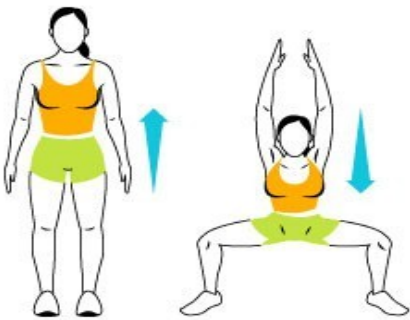


## Jumping Jacks

Without stopping, begin jumping jacks

Your goal is to do 60 jumping jacks in sixty seconds. 55 is acceptable too.

## Jumping Jacks With A Squat

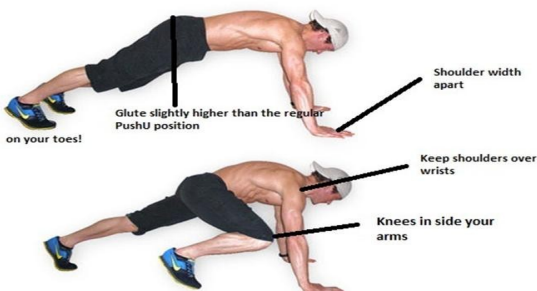


Again, without stopping transition into adding a squat to your jumping jacks.

Your goal is to do 30 jumping jacks in sixty seconds. 20 is acceptable too.

*Take A 30 Second Water Break*

## Mountain Climbers



Sets: 2

Reps: 10 in each set

Rest In Between Sets: 10 seconds



## Advanced Side Lunges

Sets: 2 (on each side)

Reps: 10 in each set, with a 2 second hold on the outer thigh raise

Rest In Between Sets: 5 seconds



## Regular Side Lunges With Medicine Ball

Without stopping, transition into these regular lunges. As fast as possible do:

Sets: 3 (on each side)

Reps: 10 in each set, with a 2 second hold on the side lunge

Rest In Between Sets: 5 seconds



## Rear Lunges

Again, without stopping, transition into these rear lunges. As fast as possible do:

Sets: 3 (on each side)

Reps: 10 in each set, with a 2 second hold on the rear lunge

Rest In Between Sets: 5 seconds

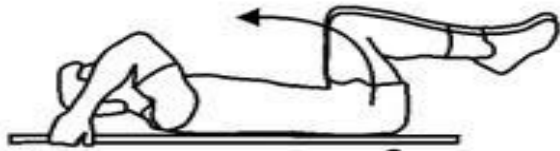
## Take A One Minute Water Break!!



## Pushups

For 1 minute do as many regular pushups as you can.

*DO NOT* put your knees down. Even if you can't do any more pushups, hold the pushup position for the amount of time you have left.



## Reverse Crunch

For 1 minute do as many reverse crunches as you can.

Hold the reverse crunch at the up position for 2 seconds before dropping your pelvis again.



## Bicycle Crunches

Without stopping to rest adjust positions and do:

Sets: 3 (on each side)

Reps: 10 in each set

Rest In Between Sets: 5 seconds



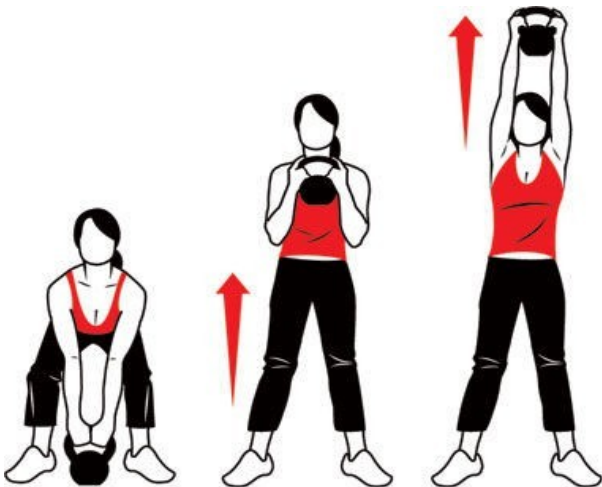
## Advanced Deadlift

Again, without stopping to rest, stand up and do:

Sets: 3

Reps: 10 in each set, with a 2 second hold on the up position

Rest In Between Sets: 5 seconds



## The Plank

Finish this hardcore workout with the plank.

Without stopping to rest, drop down and hold the plank position for 30 seconds. Take a 5 second breather and repeat the plank for another 30 seconds.



***Congratulations! You've Finished A HIIT Workout :)***