



HIIT Workout



Exercise	sets	time
4 wide mountain climbers into 2 toe tap jumps	x4 rounds before moving on to next exercise	20sec on 10sec rest
4 in and out fast feet into a burpee	x4 rounds before moving on to next exercise	20sec on 10sec rest
6 mountain climbers into 3 sideways plank walks.	x4 rounds before moving on to next exercise	20sec on 10sec rest
2 plank tuck jumps into 1 star Jump	x4 rounds before moving on to next exercise	20sec on 10sec rest
Break dancer	x4 rounds before moving on to next exercise	20sec on 10sec rest
Table top knee taps	x4 rounds before moving on to next exercise	20sec on 10sec rest

Remember to stretch & foam roll for 10mins after the workout!