

## **CONFIDENTIAL AND PROPRIETARY**

### **High Intensity Interval Training - 30 Minutes**

#### **Warmup 3 minutes (30 seconds each)**

- Jump rope (R, R, L, L)
- Jumping jacks
- High knees
- Heel kicks
- Split Foot Jumps
- Two feet jump ropes
  - Challenge: do a tuck jump every 5 seconds for a total of 6 jumps

#### **Stretch 3 minutes, 30 seconds (30 seconds each)**

- 3 Way Lunges Right (forward, side, back)
- 3 Way Lunge Left
- Squat and twist
- Hip circles
- Windmills
- Arm Circles
- Reverse Direction Arm Circles

#### **Repeat 3 min cardio portion of warmup**

- 30 Second Rest

**HIIT Circuits 4 minutes each, 20 seconds of work, 10 seconds of rest. (Do circuit 2x through for 4 minutes total). 30 seconds rest between circuits (10 seconds to finish your 4 minute circuit + 20 additional rest)**

### **Circuit I**

- High Knees - Arms Out Wide
- Low plank - 3 Way Knees
- Wide Tuck Jumps
  - Modification: Squat, bring knee to same elbow, alternate
- Star Fish Crunches

REST

### **Circuit II**

- Standing Ladder Climbs
- Floor Mountain Climbers
- Vertical Jumps
  - Modification: come to toes, do no jump
- Pushups
  - Modification: knees

REST

### **Circuit III**

- Burpees
  - Modification: no jumping at end (or see video)
- In and Out Reverse Crunches
- Squat jumps
- Modification: Squat Pulses
- Plank with side knee jumps

REST

### **Circuit IV**

- 2 Criss Cross Jumps into 2 Pop Squats
- Plank Shoulder Taps
- Tire jumps
- Bicycle Crunches

**Cool Down: 2 minutes of stretching**

**Total Time: 29 minutes (with cool down)**

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