

Fit Bit Friday 156

The Quick HIIT Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: Complete the 5 exercises in the chart below, one immediately after the next. Move as quickly as you can while keeping good form, doing as many reps as possible for 30s per move. It's handy to have a clock with a second hand or an interval timer nearby so that you can time 30s per exercise. Once you get to the end of each round, drink water and allow your heart rate to come down so that you can push hard again in the next one. Keep moving as you hydrate - this is key! - and repeat 3-4 times depending on your fitness level.

Sets	Exercise	Time
Warm-up - 5-10 mins easy walking, jogging, cycling, dancing - whatever you like!		
3 to 4	Burpees (Let's get the worst part out of the way first. Sound good?)	30s
	4-point squat jumps - Lower into a squat with feet just outside shoulder width. Jump forward, landing in a squat again. Jump left, back, and right so that you're in the same place you started. Continue squat jumps to all 4 corners of the 'box'. You can swing your arms to help gain momentum.	30s
	Reverse lunge with knee drive and hop - Lower down and lunge right foot back. Keep most of your weight in the left foot. Spring up through your left foot, driving your right knee and left arm up to the ceiling and you hop up. As you land, go right back into the reverse lunge. Change legs on the next time through the circuit.	30s
	Mountain climbers with push-up - Get down into high plank pose. Do 10 mountain climbers, then 1 push-up. Repeat.	30s
	Cruch and punch - Lie on your back with knees bent, feet on the floor, and fingers behind your ears. Use your core to crunch up as you punch your right arm across, above your left knee. Lower to starting position and repeat on the left. Continue alternating.	30s
3-5 mins rest - Aim to fully recover before starting next set. Hydrate now!		
Cool down: Keep moving until heart rate comes down to normal.		
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