

Home HIIT Workout: Full Body Strength

Warm Up

Beginner/ Intermediate:

Jogging on the spot

1. 20 secs, 10 sec rest
2. 30 secs, 10 secs rest
3. 45 secs, 10 secs rest
4. 60 secs, 10 secs rest

Advanced:

Skipping

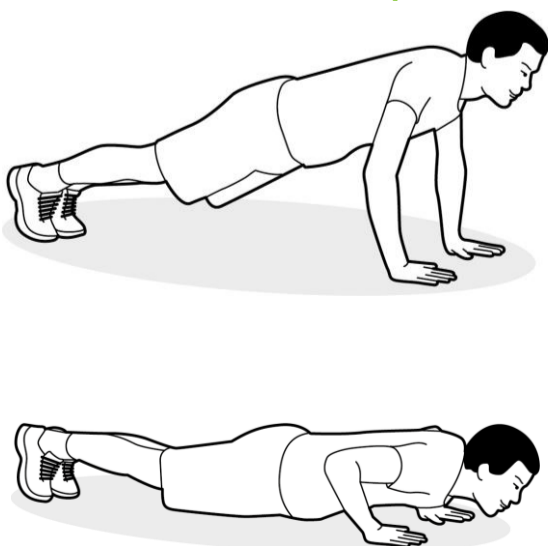
1. 20 secs, 10 sec rest
2. 30 secs, 10 secs rest
3. 45 secs, 10 secs rest
4. 60 secs, 10 secs rest

Circuit

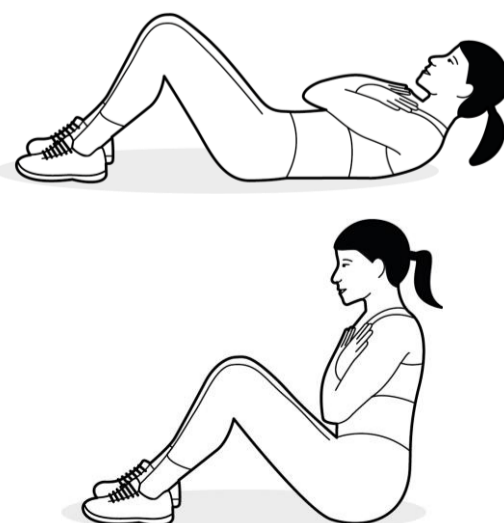
Set your timer for 15 minutes. Perform each exercise in sequence, resting after each round. Record how many sets have been completed to track progress. Cool down and stretch at the end.

Beginner	Intermediate	Advanced
3 Press Ups	4 Press Ups	5 Press Ups
5 Sit Ups	6 Sit Ups	7 Sit Ups
8 Tuck Jumps	9 Tuck Jumps	10 Tuck Jumps
Rest 45 Seconds	Rest 30 Seconds	Rest 15 Seconds

Press Up



Sit Up



Tuck Jump

