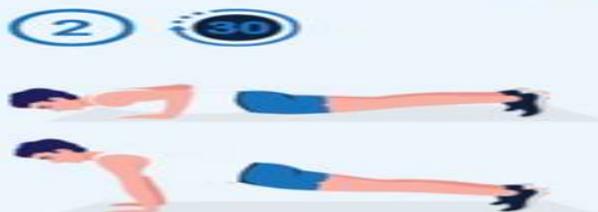


# BEGINNER HIIT WORKOUT

HERE'S AN EXAMPLE OF A BEGINNER FRIENDLY HIIT WORKOUT



**JUMPING JACKS**



**PUSHUP**



**KNEE LIFTS**



**PLANK**



**BURPEES**



**REST**

REPEAT THIS CIRCUIT 3-4 TIMES, GRADUALLY INCREASING THE NUMBER OF REPS AS YOU PROGRESS. REMEMBER TO MAINTAIN PROPER FORM THROUGHOUT THE WORKOUT.

# Top Method For Home Workout For Beginners 22679

**Victor M. Corman**



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