

45-MINUTE FULL BODY HIIT WORKOUT



WORK 40 SEC / REST 20 SEC

CIRCUIT 1

DYNAMIC WARM-UP & CARDIO ACTIVATION

HIGH KNEES
JUMPING JACKS
PLANK WALKOUTS

JUMPING JACKS
BODYWEIGHT SQUATS
PLANK WALKOUTS

CIRCUIT 3

UPPER BODY STRENGTH & CONDITIONING

PUSH-UPS
TRICEP SHOULDER TAPS

PLANK SHOULDER TAPS
TRICEP DIPS

CIRCUIT 4

FULL BODY STRENGTH & EXPLOSIVE POWER

BURPEES
SQUAT TO PRESS

MOUNTAIN CLIMBERS
SKATER HOPS

CIRCUIT 5

CORE FINISHER & METABOLIC BURN

RUSSIAN TWISTS
PLANK HOLD

LEG RAISES
BICYCLE CRUNCHES

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