

## High Intensity Interval Training

First learn the benefits of HIIT from the video below

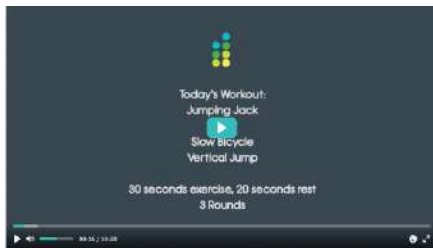


Choose from one of the following 3 videos to try out a HIIT workout

**\*\* Technique comes before intensity\*\***

**\*\* Be sure you can do the exercises first\*\***

**\*\*Stop if you feel that you are too tired to complete the movements with proper technique\*\***

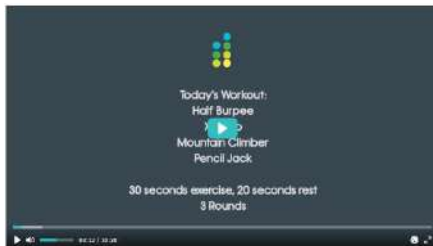


*Beginner (10 mins total)*

No equipment

Exercises: Jumping Jack, Slow Bicycle, Vertical Jump, Squat

30 seconds exercise – 20 seconds rest x 3 rounds



*Intermediate (10 mins total)*

No equipment

Exercises: Half Burpee, X Jump, Mountain Climber, Pencil Jack,

30 Seconds exercise – 20 seconds rest x 3 rounds



*Advance (20 mins total)*

Equipment: Dumbbells (Replace with cans or water bottles)

Exercises: Frog Jump, Plank-up with Knee to Elbow, Squat Press, Jump Lunge, Jump Squat, Wall Sit

30s Exercise – 10s Rest / 40s Exercise – 10s Rest / 60s exercise – 30s Rest x 4 Rounds