

WEEKLY FITNESS TRACKER

Create your own high intensity interval training routine (HIIT)

- Choose 10 exercises to complete each day. Type each exercise in the chart.
- Perform each exercise for 30 seconds. (Monday has been chosen for you)
- Always have water with you and take drinks whenever you feel the need to.
- If you need to take an extra break, it's OK! Do what you can and you'll get stronger each day.
- Listening to your favorite music helps the time go by faster!
- If you aren't sure what an exercise is, search it! There are pictures/videos to show you how to perform each exercise safely and correctly.
- You can download the app **HIIT and CARDIO WORKOUT BY FITIFY** for an exercise list/video under the Home menu.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Jumping Jacks				
2	Plank				
3	High Knees				
4	Squats				
5	No Rope Jump Rope				
R	30 Second Rest	30 Second Rest	30 Second Rest	30 Second Rest	30 Second Rest
6	Modified Push Ups				
7	Side to Side Jump				
8	Plank with Shoulder Taps				
9	Front Kicks				
10	Burpees				

See next page for more ideas as well!

MORE HIIT TRAINING EXERCISE IDEAS

Jog in Place
Mountain Climbers
Running Burpees
Pushup Burpees
Push Ups
Wide Push Ups
Walking Push Ups
Diamond Push Ups
Jumping Plank
Walking Plank
Plank with Side Toe Taps
Single Leg Hop
Scissor Run
One Leg Side Hop
Plank Ins

Plank Jacks
Slalom Hops
Low Jacks
One Leg Jump Rope
Buttkickers
Running in Place
Back and Forth Squat
High Jump
One Leg Jumps
Sumo Squat
Star Jump
Jump Squats
Frog Jumps
Squat Knee Kick
Side Lunge March

Windmill
March and Clap
Rear Lunges
Diagonal Lunge
Twisted Mountain Climbers
The Hundred
Side Leg Lift
Crunches
Swimmer
Outer Thigh Raise
Inner Thigh Raise
Calf Raises
Abs Rollups
Leg Lifts