

# HIIT

30 seconds on, 30 seconds off

Squat thrusts

Press Ups

Mountain Climbers

Star Jumps

Burpees

# HIIT

30 seconds on, 30 seconds off

Squats

Lunges

Star Jumps

Squats

Lunges

# HIIT

30 seconds on, 30 seconds off

Press up – rock back

Side Bounces

Press Ups

Press up – rock back

Side Bounces

# HIIT

As many rounds as possible of –

10 press ups

10 Squats

10 Burpress

# HIT

Set up 10 x 10 grid

1 length jogging

1 length walk

1 length backwards

1 length alternate high knees and heel flicks

2 mins in all must do 10 press ups

# HIIT

Interval Session – Set up big box or similar  
(outside of astro?)

1 min jogging, 30 second rest. Repeat

# HIIT

Sprint Interval Session –

15m length.

Sprint, 20 second recovery. Repeat.

# HIIT

Jog or march in place for 30 seconds.

Standing tall, circle your arms backwards, one after the other, (as if you're pretending to do the backstroke) for 30 seconds.

Finally, perform a front lunge, side lunge and back lunge stepping with the same leg, then switch to the other leg and repeat. Continue for one minute.



# HIT

10 reps of each – repeat for 5 mins

Crab Crawl Out

Squat to kick out

Grass grab / 1 arm sumo squats

Burpee to side jump

Stand up to jump lunges

# TABATA HIIT WORKOUT

30 MINUTES. 10 MOVES. 4 ROUNDS.

## 1 KICKBUTT WORKOUT

- 1 High Knees
- 2 Alternating Leg Lunges
- 3 Jump Squats
- 4 Push Ups
- 5 Box Jumps
- 6 Crab Kicks
- 7 Burpees
- 8 Bicycle Crunches
- 9 Ski Moguls
- 10 Shoulder Touch Planks

### HOW IT WORKS

10 moves: 20 seconds on, 10 seconds rest

Repeat each move 4x

1 minute rest between rounds

*full details at [textbooks.com/blog](http://textbooks.com/blog)*

# WellnessWitness.com

## Tabata Workout

### Set 1:

20 seconds burpees  
10 seconds rest  
20 seconds mountain climbers  
10 seconds rest  
REPEAT FOUR TIMES  
REST ONE MINUTE

### Set 2:

20 seconds Squat Jumps  
10 seconds rest  
20 seconds jumping lunges  
10 seconds rest  
REPEAT FOUR TIMES  
REST ONE MINUTE

### Set 3:

20 seconds pushups (drop to knees if needed)  
10 seconds rest  
20 seconds bicycle crunches  
10 seconds rest  
REPEAT FOUR TIMES  
REST ONE MINUTE

# 10-MINUTE HIIT WORKOUT

Complete each exercise for 30 seconds, working at max intensity. Follow with 10-second rest if needed. Repeat entire HIIT circuit up to three times.

Jumping Jacks >> Chair Step Ups

Squat Jumps >> Push Ups

High Knee Run >> Tricep Dips

Burpees >> Plank

Jump Rope in Place >> Lunges

Mountain Climbers >> Bicycle

Pliee Squats >> Wall Sit

Crunches >> Side Plank

# 7-MINUTE — HIIT — Workout

Do each exercise at high intensity for 30 seconds followed by a 10-second rest if needed. Repeat entire circuit up to three times.

JUMPING JACKS

WALL SIT

PUSH-UPS

CRUNCHES

CHAIR STEP-UPS

SQUATS

TRICEPS DIPS

PLANK

HIGH KNEES/RUNNING IN PLACE

LUNGES

PUSH-UP ROTATIONS

SIDE PLANK

# Let's HIIT It!

30 sec. squat jump

30 sec. rest

30 sec. mountain climbers

30 sec. rest

30 sec. lunge jumps

30 sec. rest

30. sec high knees

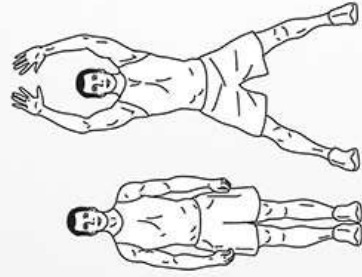
30. sec. plank

repeat!

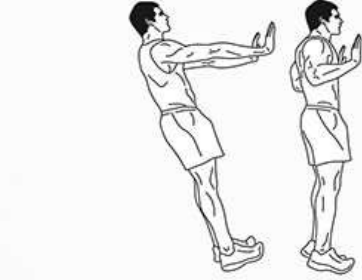
# five **blast** minute

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

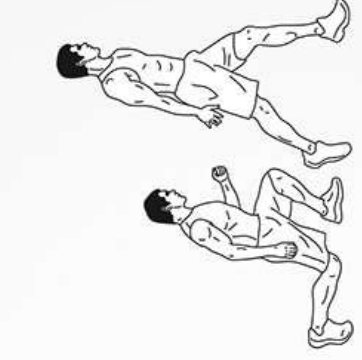
Instructions: Set a timer & survive.



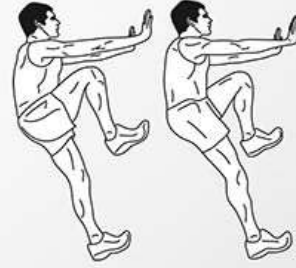
**60sec** jumping jacks



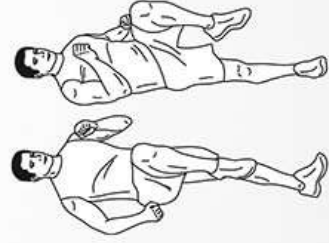
**60sec** push-ups



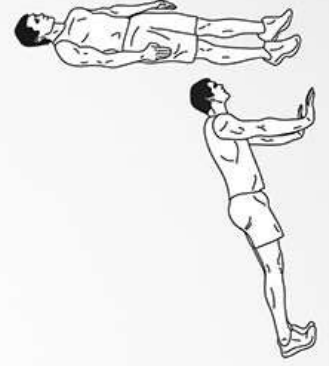
**30sec** jumping lunges



**60sec** climbers



**60sec** high knees



**30sec** basic burpees





Follow this high intensity interval routine doing the exercises in the order below. The routine should take 5 minutes.

## 5 MINUTE WORKOUT

1

One minute

**SUMO LUNGES**



2

One minute

**SQUATS**



3

One minute

**JUMPING JACKS  
WITH SHOULDER  
PRESSES**



4

One minute

**PLANKS**



5

One minute

(30 seconds on each side)  
**SIDE PLANKS**



# FIVE MINUTE PLANK

NEILA REY WORKOUT

neilarey.com



1. full plank

1:00



2. elbow plank

0:30



3. raised leg plank

30 seconds - each leg

1:00



4. side plank

30 seconds - each side

1:00



5. full plank

0:30



6. elbow plank

1:00

# INDOOR CARDIO CRUSHER

## the workout

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### 2 MINUTE INTERVALS

- 60 seconds: jumping jacks
  - 60 seconds: side to side leaps
    - rest 60 seconds -
  - 60 seconds: run in place
  - 60 seconds: shuffle side to side
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### rest one minute

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### 1 MINUTE INTERVALS

- 60 seconds: mountain climbers
  - 30 seconds: rest
  - 60 seconds: burpees
  - 30 seconds: rest
  - 60 seconds: high knee run
  - 30 seconds: rest
  - 60 seconds: squat jumps side to side
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### rest one minute

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- 30 seconds: air jacks
  - 15 seconds: rest
  - 30 seconds: squat jumps
  - 15 seconds: rest
  - 30 seconds: jumping lunges
  - 15 seconds: rest
  - 30 seconds: jumping lunges
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### 30 SECOND INTERVALS

- go through 1, 2 or 3 times
- or repeat each section 2x before moving onto the next interval grouping