

Wednesday HIIT

Round 1:

Jumping Jacks – 1 min

Squats – 1 min

Plank – 1 min

30 High Knees – 1 min

Burpees- – 1 min

30 sec rest

Round 2:

Alternating Lunges – 1 min

Mountain Climbers – 1 min

Slow leg lifts – 1 min

Push-ups – 1 min

Side plank-one side – 1 min

30 sec rest

Round 3:

Jumping Jacks – 1 min

Bicycle crunches – 1 min

Plank – 1 min

Push-ups – 1 min

Side plank-other side – 1 min

30 sec rest

Round 4:

High Knees – 1 min

Russian Twists – 1 min

Squats – 1 min

Up down planks – 1 min

Burpee – 1 min