

**5x5 ‘EXTREME’ HIIT**

60/20 – 1min 20 recovery X 5 rounds (6:40 per section) – AMRAP = 37 MIN

Complete as a circuit – 1 of each before recovery & repeat x 5

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| Warm up – 3-5 min | |
| High energy exercise |  |
| 20 sec rest period | |
| High energy exercise |  |
| 20 sec rest period | |
| High energy exercise |  |
| 20 sec rest period | |
| High energy exercise |  |
| 20 sec rest period | |
| High energy exercise |  |
| **1.20 min recovery after each circuit** | |
| Cool down & stretch – 3-5 min | |