



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

Warm up – 3-5 min	
High energy exercise	Burpee & double ankle tap
20 sec rest period	
High energy exercise	Squat Jacks
20 sec rest period	
High energy exercise	Bell Swing
20 sec rest period	
High energy exercise	Panther Plank crawls – slow – forward & backwards
20 sec rest period	
High energy exercise	Step jumps into vertical jump (Walk on, turn, and jump off the step, land into a squat and do a vertical jump)
1.20 min recovery after each circuit	
Cool down & stretch – 3-5 min	