



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 |
| 20 sec rest period | |
| High energy exercise | Plank into push up plank |
| 20 sec rest period | |
| High energy exercise | Bell alternating arm swing |
| 20 sec rest period | |
| High energy exercise | Spin bike – Hill climb – 80% |
| 20 sec rest period | |
| High energy exercise | Slam Ball |
| 1.20 min recovery after each circuit | |
| Cool down & stretch – 3-5 min | |