



HIIT CIRCUITS

HYBRID – AMRAP = 37.40 MIN

(45sec on / 20 sec to change exercise – complete all 8 exercises x 4 rounds)

Warm up 3-5 mins	
Cardio	Max effort
20 sec rest period	
Upper Body	Clean & Press
20 sec rest period	
Plyometric	Inch Worm
20 sec rest period	
Lower Body	Crab walks - weighted
20 sec rest period	
Cardio	Max effort
20 sec rest period	
Core	Plank & medi ball pass
20 sec rest period	
Plyometric	Vertical squat jumps – single leg (Alternate side per circuit)
20 sec rest period	
Compound	Dumbbell snatch – Single arm (Alternate side per circuit)
1.20 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	