



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 80% +
20 sec rest period	
Upper Body	Bicep curl into shoulder press
20 sec rest period	
Plyometric	Single leg long jump
20 sec rest period	
Lower Body	Step side squat – alternate sides per circuit
20 sec rest period	
Cardio	Spin Hill - Max effort 80% +
20 sec rest period	
Core	Plank one leg raised - alternate sides per circuit
20 sec rest period	
Plyometric	Alternating lunge jumps
20 sec rest period	
Compound	Squat & Slam ball
1.20 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	