



# 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	1. Chest press 2. Bent over row alternate exercises per circuit
20 sec rest period	
Plyometric	1. Wide to narrow squat jumps 2. Inch worm alternate exercises per circuit
20 sec rest period	
Lower Body	1. Step side squat – alternate sides per circuit 2. Step Lunge - alternate sides per circuit Complete 2 rounds of each
20 sec rest period	
Cardio	Spin Max effort 80% +
20 sec rest period	
Core	1. Side plank – left 2. Side plank – right alternate exercises per circuit
20 sec rest period	
Plyometric	1. Alternating lunge jumps 2. Slam ball & Burpee alternate exercises per circuit
20 sec rest period	
Compound	1. Kettle bell squat – clean – press – left 2. Kettle bell squat – clean – press – right alternate exercises per circuit
1.20 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	