



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	Renegade push up & Rows
20 sec rest period	
Plyometric	Long jump & jog back
20 sec rest period	
Lower Body	Sumo Squats - weighted
20 sec rest period	
Cardio	Spin Max effort 80% +
20 sec rest period	
Core	V sit hold – 5 sec & knee tucks
20 sec rest period	
Plyometric	Bear crawls
20 sec rest period	
Compound	1. Lunge hold with front / side raise – left 2. Lunge hold with front / side raise – right Alternate per circuit
1.20 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	