



# 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	Weighted low impact burpee into upright row
20 sec rest period	
Plyometric	Wall vertical jump
20 sec rest period	
Lower Body	Wall squat hold
20 sec rest period	
Cardio	Spin Max effort 80% +
20 sec rest period	
Core	Rocking plank
20 sec rest period	
Plyometric	Inch worm & jumping jack
20 sec rest period	
Compound	Weighted step up and shoulder press Alternate leading leg
1.20 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	