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**hiit circuits**

**STRENGTH** – AMRAP = 37.40 min

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

|  |  |
| --- | --- |
| Warm up 3-5 mins | |
| Upper Body |  |
| 20 sec rest period | |
| Lower Body |  |
| 20 sec rest period | |
| Plyometric |  |
| 20 sec rest period | |
| Core |  |
| 20 sec rest period | |
| Upper Body |  |
| 20 sec rest period | |
| Lower Body |  |
| 20 sec rest period | |
| Plyometric |  |
| 20 sec rest period | |
| Core |  |
| 1.20 min recovery after each complete circuit | |
| Cool down & Stretch 3-5 mins | |