



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	Push up & T
20 sec rest period	
Lower Body	Step up – Squat / Step down - Squat
20 sec rest period	
Plyometric	Long jump & jog back backwards
20 sec rest period	
Core	Side plank (Alternate side per circuit)
20 sec rest period	
Upper Body	Single arm row (Alternate side per circuit)
20 sec rest period	
Lower Body	Bell single side deadlift
20 sec rest period	
Plyometric	Jumping lunge & knee – single leg (Alternate side per circuit)
20 sec rest period	
Core	V-sit hold / Boat pose
1.20 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	