



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	Inch worm & 3 push ups
20 sec rest period	
Lower Body	Step up - wide squat / Step down - narrow squat
20 sec rest period	
Plyometric	Single leg power jump forwards and walk back
20 sec rest period	
Core	Panther planks
20 sec rest period	
Upper Body	Bent over row – 5 and stand
20 sec rest period	
Lower Body	Sumo squats
20 sec rest period	
Plyometric	Slam ball & squat jump
20 sec rest period	
Core	Spin bike – standing quick – holding body as still as possible while pumping the legs
1.20 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	