



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	Step push up & T
20 sec rest period	
Lower Body	Squat hold walks – step forward / step backward
20 sec rest period	
Plyometric	Squat & 3 jumping jacks
20 sec rest period	
Core	Push up plank with bell crossover
20 sec rest period	
Upper Body	Bent over row into upright row – 3 reps each
20 sec rest period	
Lower Body	Bell / dumbbell squat into straight leg deadlift
20 sec rest period	
Plyometric	Slam ball – pause up before slam
20 sec rest period	
Core	Bell swings
1.20 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	