



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	Incline press into fly
20 sec rest period	
Lower Body	Single leg pelvic lift alternate sides per circuit
20 sec rest period	
Plyometric	Crab walks into squat jump Every time legs meet in the middle - jump
20 sec rest period	
Core	Plank to push up plank – alternate leading arm
20 sec rest period	
Upper Body	Standing single arm reverse fly with rotation
20 sec rest period	
Lower Body	Step up – knee – step back – lunge Alternate legs per circuit
20 sec rest period	
Plyometric	Step bunny hops
20 sec rest period	
Core	Bell swing and pause up
1.20 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	