



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	Flat press into fly
20 sec rest period	
Lower Body	Wall squat hold
20 sec rest period	
Plyometric	Walking lunges – with knee
20 sec rest period	
Core	Side plank rotations Alternate sides per circuit
20 sec rest period	
Upper Body	Clean & Press
20 sec rest period	
Lower Body	Weighted goblet squat
20 sec rest period	
Plyometric	Step bunny hops
20 sec rest period	
Core	Bell swing and squat
1.20 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	