

Workout of the Day!
30 Minute HIIT Total Body Cardio Training:

Bodyweight Only

Warm Up:

Do 20 reps of each exercise below with 30 Seconds of plank between each exercise

Mountain Climbers

Bicycle Abs

Skaters

Plank Jacks

Flutter Kicks

Squat Jacks

Burpee Tuck Jumps

HIIT

Using the same exercises, do the following sets:

Set 1:

90 seconds each - 20 Seconds rest in between

Set 2:

60 seconds each - 15 Seconds rest in between

Set 3:

30 seconds each - 10 Seconds rest in between

Mountain Climbers

Bicycle Abs

Skaters

Plank Jacks

Flutter Kicks

Squat Jacks

Burpee Tuck Jumps

Cool down and stretch!