

# HIIT Workout

Get your heart pumping and muscles working with this 20-minute bodyweight High Intensity Interval Training (HIIT) workout.

## 3 Rounds:

10 Push-ups

20 Jump Squats

30 Russian Twists

**\*45 Seconds of Jumping Jacks\***

10 Inchworms

20 Speed Skaters

30 Reverse Lunge to Front Kicks

**\*45 Seconds of Soccer Taps\***

10 Burpees

20 Sumo Squats

30 Crunches

**\*45 Seconds of Mountain Climbers\***

1 Minute Rest

