

# 20 MIN. HIIT CIRCUIT

COMPLETE 6 ROUNDS OF THE FOLLOWING CIRCUIT.

EXERCISE	WEIGHT	REPS / TIME	VIDEO / IMAGE LINK
BURPEES	N/A	30 SECONDS	<a href="https://www.youtube.com/watch?v=cPkHQZZrm0c">https://www.youtube.com/watch?v=cPkHQZZrm0c</a>
SQUAT JUMPS	N/A	30 SECONDS	<a href="https://www.youtube.com/watch?v=UgQ0k2q0OrQ">https://www.youtube.com/watch?v=UgQ0k2q0OrQ</a>
ALTERNATING LUNGES	N/A	30 SECONDS	<a href="https://www.youtube.com/watch?v=G8TAY1BfvHE">https://www.youtube.com/watch?v=G8TAY1BfvHE</a>
PUSH UPS	N/A	30 SECONDS	<a href="https://www.youtube.com/watch?v=Uid20EnL0AA">https://www.youtube.com/watch?v=Uid20EnL0AA</a>

COMPLETE 4 ROUNDS OF THE FOLLOWING CIRCUIT.

EXERCISE	WEIGHT	REPS / TIME	VIDEO / IMAGE LINK
HIGH KNEES	N/A	30 SECONDS	<a href="https://www.youtube.com/watch?v=jO43GyVomZU">https://www.youtube.com/watch?v=jO43GyVomZU</a>
BUTT KICKS	N/A	30 SECONDS	<a href="https://www.youtube.com/watch?v=720KISEgPRs">https://www.youtube.com/watch?v=720KISEgPRs</a>
PUNCHES	N/A	30 SECONDS	<a href="https://www.youtube.com/watch?v=gaYzTs-28hs">https://www.youtube.com/watch?v=gaYzTs-28hs</a>
MARCHING BRIDGE	N/A	30 SECONDS	<a href="https://www.youtube.com/watch?v=oWA4aAQogtU">https://www.youtube.com/watch?v=oWA4aAQogtU</a>

## NOTES

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