

## HIIT Workout Ideas

Tabata Format (rotate between 2 exercises; 20 sec on, 10 sec off for 4 minutes)  
Download a free HIIT app. I like the HIIT Timer app. Gym Boss is another great option.  
**Do as many of these as you want or mix up the combinations between the HIIT and strength exercises. I recommend warming up by stretching or a light jog first**

Set 1

Burpees (can add tuck jump at the top or push up at the bottom for variety)

High Knees

Set 2

Jump Squats (could remove the jump and/or add weights)

Tricep dips (use a chair/step if desired)

Set 3

Mountain Climbers

Star Jumps or Jumping Jacks

Set 4

Plank Jacks

180 degree jumps

Set 5

Push Ups

Jumping lunges (alternating legs)

Set 6

Russian Twist (could add a weight)

Side Skaters

Set 7

Leg raises/crunches or flutter kick

squat kick (could a jump or weight)

## Strength Workout Ideas

Do as many of these tabata sets as you want and feel free to mix between HIIT and strength

**Optional equipment: stretchy band around ankles/thighs, resistance band (could do more back exercises), 5-10 lb dumbbells etc.**

Set 1

Push ups (wider arms on legs or knees to maintain proper form)

Tri-cep dips (using a bench or chair) Can also do tri-cep extensions if you have small dumbbells

Set 2

Body weight squats (add pulses for the last few seconds, make them fast or slow to mix it up)

Tri-cep/narrow arm push-ups (on feet or knees)

Set 3

Walking push-ups (start in a plank position and then walk your elbows to the floor one at a time and back down again. Up, up, down, down alternating arms)

Alternating Lunges or walking lunges

Set 4

Curtsey Lunges (Right)

Curtsey Lunges (Left)

\* Can add weights/dumbbells if desired

Set 5

Bicycle Crunches

Sit-ups (can be legs in a table top position, straight up or bent on the ground)

Set 6

Plank (can be on your hands, forearms, right side, left side)

Hip Dips (be in plank position on your elbows and move your hips side to side)

Set 7

bridge pose (lie on back with knees bent, raise hips up squeezing glutes and lower. Repeat)

Leg Curls (elbows on the floor & on your knees bend one leg at the knee and raise and lower contracting your glutes)