

## **At Home HIIT**

**Equipment:** All you need is you need is water, a towel, and a stopwatch.

**Premise:** Exercise at maximum intensity for 30seconds and then rest 30 seconds. We'll do each exercise 4 times. After each set you'll get 2 minutes of rest before the next exercise.

### **The Routine:**

Warm Up - Jog in Place (5 minutes)

Jumping Jacks (30seconds on, 30 seconds off)

High Knees with alternating punches (30seconds on, 30 seconds off)

Push Ups (30s on, 30s off)

Squat Jumps (30s on, 30s off)

Boxing Drills (Jab, Cross, Hook, Uppercut - High)

Squatting Boxing Drills (R Cross to body, L cross to body, R Hook to body, L Hook to body)

Jog/Run in Place Intervals (5 minute duration)

Done!