

ACTIVE AT HOME

30 Minute HIIT Workout #1

Equipment: Bodyweight OR 2 weights/cans or household items (optional)

Warm up: X 2 Rounds

30 sec jumping jacks

30 sec butt kicks

30 sec high knees

30 sec shallow squat

Strength: X 4 rounds (weight optional)

10 Bulgarian lunges/per leg

-(reverse lunge stance with back toe elevate on a book or household item, drop back knee toward floor and lift back up, repeat)

15 goblet squats (narrow stance and sit glutes downward)

15 min AMRAP: (As many reps as possible with perfect form)

2 burpees or squat jacks (low squat lift into jack)

2 lunges/jumping lunges

2 plank reptiles (Plank, draw knee to same side elbow)

Add 2 reps to each exercise per round

Cool Down: 30 Sec per side

Calf stretch: Heel to floor, toe up on wall, lean into wall

Quad stretch: Cradle foot in same side hand, press hips forward, hold wall for balance

Hamstring Stretch: Forward fold, keep slight knee bend

Arm Stretch: Bring one arm across chest, press into extended forearm with opposite hand

Shoulder/Chest stretch: Clasp hands behind back or reach behind back and press down/away from body

Child's Pose: Kneel onto floor, knees wide, big toes touch, sit glutes toward heels, reach hands straight forward, let forehead rest on floor, relax head and arms

Breathe: Deep inhales & deep exhales

GREAT WORKOUT!

Remember to always exercise within your means. Modify or take breaks as needed!