

ACTIVE AT HOME

30 Minute HIIT Workout #2

Warm Up:

Shoulder + arm circles 5x each way

Standing tall draw circle with 1 knee at a time (3 circles per leg)

20sec knee up twist to opposite elbow slow, 10 sec high knees (3x)

Workout

EMOM (every minute on the minute) for 30 min (5 rounds)

1. **25 Kettlebell Swings** (or double arm swing w/small weights or 30 hip thrusts w/ jump no weight)
2. **15 Goblet Squats**
3. **25 Plank Pull-ins** (push up plank position with towel under feet, pull knees into chest and back out) or 40 mountain climbers
4. **10 single arm press or snatch** (per side) (1 dumbbell/KB/can slow and controlled overhead press, switch arms after 10)
5. **20 Deadlifts** (KB or weights, keep slight bend in knees, tip forward from hips and push bum out as you lower weight keeping them close to the body)
6. **10 Burpees or jump lunge R lunge L** (keep core strong)

Cooldown:

Keep moving until heart rate comes down and breathing more normally

-Standing wide stance side to side inner thigh stretch

-Quad stretch

-Standing hammy stretch: 1 leg out front flex toe to shin & lean hips back

-Hip stretch: bring one foot over opposite thigh and squat down until stretch is felt

-Shoulder Stretch: bring one arm across the body and pull in with opposite hand

GREAT WORKOUT!

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