



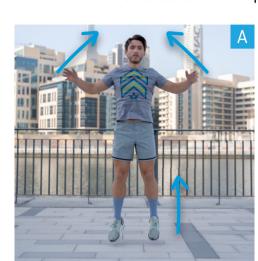
Full Body HIIT Session

jumping jacks x 40 sec squat with rotation × 40 sec crawl out into plank / pushup / crawl back up x 40 sec bicycle crunches x 40 sec burpee x 40 sec

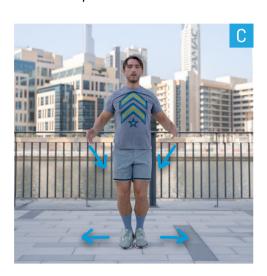
3 SETS

JUMPING JACKS x 40sec

Make sure to keep core engaged and stay on the balls of your feet.

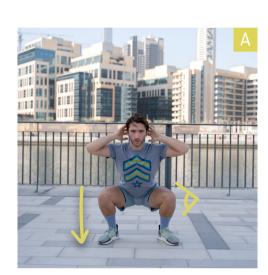


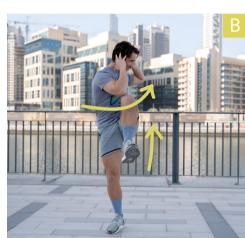


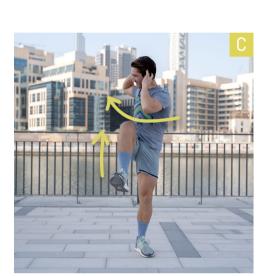


SQUAT WITH ROTATION × 40sec

Engage core.

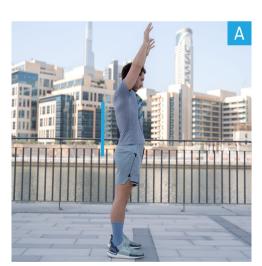


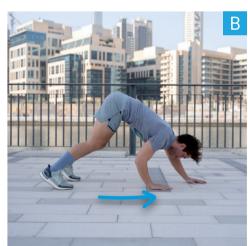


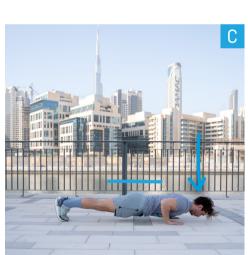


CRAWL OUT INTO PLANK / PUSHUP / CRAWL BACK UP x 40sec

Drop down to knees for the pushup if you need.







BICYCLE CRUNCHES x 40sec

Try to get opposite elbow to meet opposite knee.







BURPEE x 40sec

Engage core.

