

## High Intensity Interval Training

Muscle Group	Exercises	Time- Repetitions	Circuits	Rest Time
Core	<ul style="list-style-type: none"> <li>- Sit-ups with feet at 90 degrees</li> <li>- Mountain climber</li> <li>- Plank</li> <li>- Mountain climber</li> <li>- Side sit-ups</li> <li>- Mountain climber</li> <li>- Side plank</li> </ul>	<ul style="list-style-type: none"> <li>- 20 Reps</li> <li>- 30 seconds</li> <li>- 20 seconds</li> <li>- 30 seconds</li> <li>- 20 Reps</li> <li>- 30 seconds</li> <li>- 20 seconds</li> </ul>	4 circuits	45 seconds between circuits
Legs	<ul style="list-style-type: none"> <li>- Squats</li> <li>- Jumping squats</li> <li>- Front lunges</li> <li>- Skipping rope</li> <li>- Dead lift</li> <li>- Jumping lunges</li> </ul>	<ul style="list-style-type: none"> <li>- 20 Reps</li> <li>- 30 seconds</li> <li>- 30 Reps</li> <li>- 30 seconds</li> <li>- 30 Reps</li> <li>- 30 seconds</li> </ul>	4 circuits	45 seconds between circuits
Gluteus	<ul style="list-style-type: none"> <li>- Donkey kicks</li> <li>- High skipping</li> <li>- Side kicks</li> <li>- Jumping squats</li> <li>- Bridge extension</li> <li>- Jumping lunges</li> <li>- Squats</li> </ul>	<ul style="list-style-type: none"> <li>- 30 Reps</li> <li>- 30 seconds</li> <li>- 30 Reps</li> <li>- 30 seconds</li> <li>- 30 Reps</li> <li>- 30 seconds</li> <li>- 20 Reps</li> </ul>	4 circuits	45 seconds between circuits
Arms	<ul style="list-style-type: none"> <li>- Bicep curl</li> <li>- Skipping rope</li> <li>- Hammers</li> <li>- High skipping with dumbbells in hands</li> <li>- French press</li> <li>- Jumping Jacks with dumbbells in hands</li> <li>- Dips</li> <li>- Jumping Jacks with dumbbells in hands</li> </ul>	<ul style="list-style-type: none"> <li>- 30 Reps</li> <li>- 30 seconds</li> <li>- 30 Reps</li> <li>- 30 seconds</li> <li>- 30 Reps</li> <li>- 30 seconds</li> <li>- 30 Reps</li> <li>- 30 seconds</li> </ul>	4 circuits	30 seconds between circuits
Chest	<ul style="list-style-type: none"> <li>- Push-ups</li> <li>- Mountain climber</li> <li>- Pressures with dumbbells and support on fitball</li> <li>- Burpees</li> </ul>	<ul style="list-style-type: none"> <li>- 25 Reps</li> <li>- 40 seconds</li> <li>- 30 Reps</li> <li>- 30 seconds</li> </ul>	5 circuits	45 seconds between circuits
	<ul style="list-style-type: none"> <li>- Bent over row</li> <li>- High knees with extended</li> </ul>	<ul style="list-style-type: none"> <li>- 30 reps</li> <li>- 40 seconds</li> </ul>		

Back	arms above the head - Dumbbell side lateral raises - Burpees - Dorsal extension - Plank	- 30 reps - 30 seconds - 30 reps - 40 seconds	5 circuits	45 seconds between circuits
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