## **HIIT CIRCUIT 1**

you need: towel, waterbottle, chair or bench, Interval app or watch

optional: mat, skipping rope



Sequence: warm-up for at least 5 minutes

circuit x 1 for 30 min work-out circuit x 2 for 50 min work-out

cooldown and stretching for at least 5 min

Set your interval timer to 50-10 sec for an intense workout, make it lighter with 40-20 or 30-30 You'll perfom every exercise for 50 sec and rest/get ready for the next one in 10 sec. In the first and 3rd category (red) you go all out, high power, heartrate up. In the second and fourth category (green) you have some calmer exercises to build strength. \* Whenever you can't continue the full 50 sec in red: start marching on the spot, in green: rest

- 1. tuck jumps
- 5. rope skipping
- 9. burpees
- 13. skater
- 17. plank jump

- 2. crab walk
- 6. ab bikes
- 10. super man
- 14. ankle taps
- 18. tricep dips

- 4. leg raise
- 8. glute bridge
- 12. high plank
- 16. donkey kicks
- 20. standing single leg raise

- 3. jumping jacks
- 7. reverse crunch jump
- 11. high knees
- 15. squat jumps
- 19. bouncing lunges