

## 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 perform 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, heart rate 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

