



Workout of the Day

















HIIT

High Intensity Interval Training

Work continuously for a 30 second period and then take a 30 second recovery period. Pick which exercise you want; you can do the same one of mix and match

4 ROUNDS - 2 MINUTES RECOVERY BETWEEN ROUNDS

<u>EXERCISE</u>	Hard	Medium	EASY
POWER	High Knees 	Pogo Jumps 	Fast Step Up 
STRENGTH - 2 Rounds Each Leg	Lunges 	Bulgarian Split Squat 	Split Squat 
STRENGTH - 2 Rounds Each Leg	SL RDL 	SL Hip Thrust 	SL Glute Bridge 
STRENGTH	T- Push Up 	Raised Push Up 	Push Up 
CORE	2 Point Plank 	Plank & Reach 	Feet Up Plank 