

HIIT

DO ANY OF THE FOLLOWING AS HARD AS YOU CAN FOR 10 SECONDS, FOLLOWED BY A 50-SECOND REST. REPEAT 10 TIMES.

RUN

LUNGE JUMPS

BURPEES

KETTLEBELL SWINGS

BOX JUMPS

WALL BALLS

JUMP ROPE

AGILITY LADDER

SWIM

SIT-UPS

BICYCLE

HIGH KNEES

MOUNTAIN CLIMBERS

SQUATS