

KODIAK CAKES HITT WORKOUT

by Casi Reichardt

For guidance on any of these exercises, please visit [Wellness with Purpose](#)

Warm-up: Repeat 2x - 4 mins total

1. 30 secs Jumping Jacks
2. 30 secs Inch Worms
3. 30 secs Jumping Jacks
4. 30 secs Alternating Toe Taps

Workout: 3 Rounds - 30 mins total

Rest 1 minute between rounds

Round 1: 20 seconds WORK /40 seconds REST

Round 2: 30 seconds WORK /30 seconds REST

Round 3: 45 seconds WORK/15 seconds REST

1. Squats (with or without weights)
2. Burpees
3. Push-ups (on knees or toes)
4. Bicycle Crunches
5. Jumping Lunges
6. Walking Plank
7. Squat Jumps
8. Tricep Push-ups
9. Mountain Climbers
10. Low Lateral Lunges

Cool-Down: 2-4 mins total

1. Standing Quad Stretch
2. Standing Hamstring Stretch
3. Triceps Stretch
4. Downward Dog/Upward Dog

Disclaimer: Kodiak Cakes strongly recommends that you consult with your physician before beginning any exercise program. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this workout, you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself.

