

Home HIIT Workout: Cardio

Warm Up

Beginner/ Intermediate:

Jogging on the spot

1. 20 secs, 10 sec rest
2. 30 secs, 10 secs rest
3. 45 secs, 10 secs rest
4. 60 secs, 10 secs rest

Advanced:

Skipping

1. 20 secs, 10 sec rest
2. 30 secs, 10 secs rest
3. 45 secs, 10 secs rest
4. 60 secs, 10 secs rest

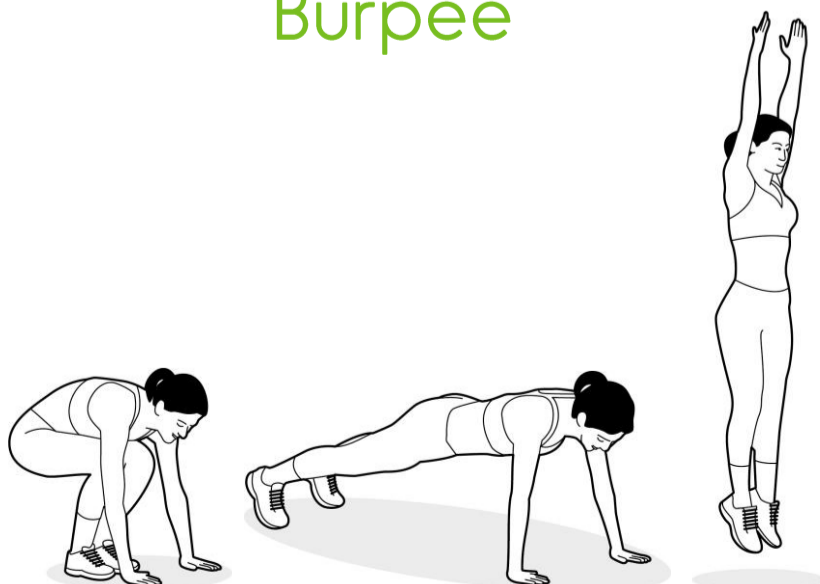
Circuit

Set your timer for 15 minutes. Perform each exercise in sequence, resting after each round. Record how many sets have been completed to track progress. Cool down and stretch at the end.

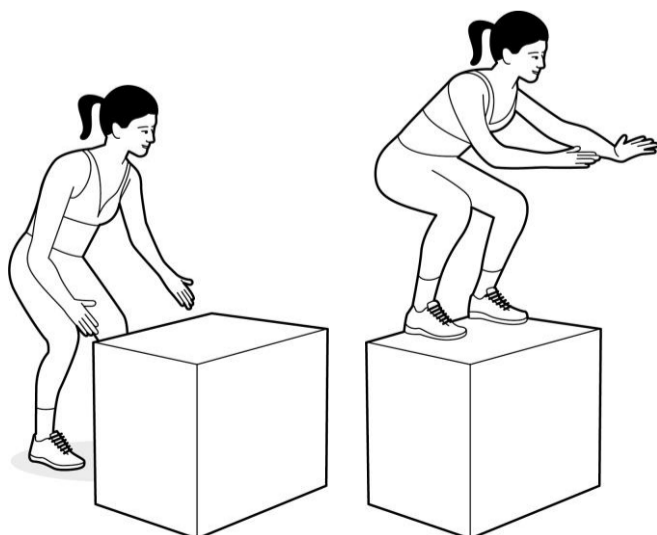
Beginner	Intermediate	Advanced
3 Burpee	4 Burpee	5 Burpee
5 Box Jumps*	6 Box Jumps*	7 Box Jumps*
8 Star Jumps	9 Star Jumps	10 Star Jumps
Rest 45 Seconds	Rest 30 Seconds	Rest 15 Seconds

*No box, no problem! Jump onto a stair or sturdy step.

Burpee



Box Jump



Star Jump

