



Instructions: Pick one exercise from each body group. Complete all four exercises in succession for 20 sec each with a 40 sec rest to follow (2min). Next, repeat this circuit twice (6 min). Next, create a new set of four exercises and repeat this process again (6min, 12min total). After the completion of a third circuit the workout is complete (18 min total).

HIIT Builder

Cardio (1st)

MTN Climber	Speed Skaters
Double Knee Tucks	Heel Clickers
Jumping Jacks	AeroDyne Sprint
High Knee	Row Sprint

Lower Body (2nd)

Body Weight Squat	Kettle Bell Swing
Forward Lunge	Pulsing Lunge
Reverse Lunge	Pulsing Squat
Goblet Squat	Kettle Bell Dead Lift

Upper Body (3rd)

Push-up	Single Arm Standing/Kneeling Kettle Bell Overhead Press
Single Arm Kettle Bell Row (or Renegade Row)	2 Arm Kettle Bell Standing/Kneeling OH Press
1 or 2 Arm Single Arm Upright Row	Standing Kettle Bell Front Raise
Bench Dip	Standing Overhead Kettle Bell Extension

Core(4th)

Plank	Bird Dog (Elbow to Knee)
Plank with Knee tucks	V-Up
Plank with Shoulder Touches	Single Leg to Opposite Arm V-Up
Plank With Knee/Toe Touches	Crunch/Reverse Crunch