

DAY 11 (HIIT – High Intensity Interval Training with Core Work)

DB = Dumb Bell

20 Seconds Vertical Jumps + 10 Seconds REST

20 Seconds Supermans + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Squat Thrust Plank Jacks + 10 Seconds REST

20 Seconds Ab Scissor Kicks + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Low Broad Jumps + 10 Seconds REST

20 Seconds Bird Dog + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Star Jumps + 10 Seconds REST

20 Seconds Flutter Kicks + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Alternating Power Jabs + 10 Seconds REST

20 Seconds Body Saw + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Mountain Climbers + 10 Seconds REST

20 Seconds Full Body Crunches + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Burpee Lateral Jumps + 10 Seconds REST

20 Seconds DB Alternating Wood Chops + 10 Seconds REST

>> 4 Rounds <<