

DAY 7 (HIIT High Intensity Interval Training)

DB = Dumb Bell

20 Seconds Butt Kickers + 10 Seconds Rest

20 Seconds Alternating High Knees + 10 Seconds Rest

>> 4 Rounds <<

20 Seconds In & Out Jump Squats + 10 Seconds Rest

20 Seconds Alternating Prisoner Jump Lunges + 10 Seconds Rest

>> 4 Rounds <<

20 Seconds Squat Thrust + 10 Seconds Rest

20 Seconds Jumping Jacks + 10 Seconds Rest

>> 4 Rounds <<

20 Seconds Lateral Leaps + 10 Seconds Rest

20 Seconds Jump Tucks + 10 Seconds Rest

>> 4 Rounds <<

20 Seconds Crab Walk + 10 Seconds Rest

20 Seconds Bear Crawl + 10 Seconds Rest

>> 4 Rounds <<

20 Seconds Hit the Floors + 10 Seconds Rest

20 Seconds Side to Side Jumps + 10 Seconds Rest

>> 4 Rounds <<

20 Seconds Jump Ropes + 10 Seconds Rest

20 Seconds Bench Jumps + 10 Seconds Rest

>> 4 Rounds <<