

HIIT Warm-up

No equipment needed. A high-intensity routine targeting all major muscle groups. Perfect for warming up before high-intensity interval training (HIIT) workouts. Complete one round, resting 10 seconds between movements.

TIME
5 minutes

EQUIPMENT
None

1

Rotational Side Plank

30 SECONDS

- Rotate from side to side
- Keep hips high throughout



2

Flutter Kicks

30 SECONDS

- Legs straight, toes pointed
- Keep continuous motion



3

Mountain Climbers

30 SECONDS

- Alternate knees to chest
- Move fast and with intensity



4

Side Plank with Hip Abduction

30 SEC EACH SIDE

- Raise and lower top leg



5

BW Lunge to Twist

30 SECONDS

- Alternate legs each rep
- Twist to both sides each rep



6

BW Squat

30 SECONDS

- Butt back, then sink hips
- Drive up through entire foot

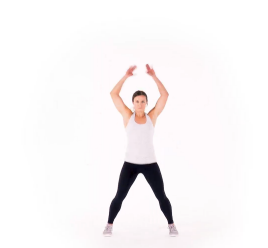


7

Jumping Jacks

30 SECONDS

- Bring arms overhead each rep
- Move fast and with intensity



8

Lateral Hops

30 SECONDS

- Hop both feet side to side
- Stay springy and fast

