



# WORKOUT OF THE DAY



## Hiit Training

**What You'll Need:** Floor mat, Kettlebells, Dumbbells.

**Recommendations:** Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential.

**Warm Up (2X):** Bird dog, High knee, Leg curl, jumping jacks, Bird dog, torso twists, Standing Hand reach to opposite semi/extended leg. (20 second each exercise)

**Hiit Training.** Complete 2 times each circuit of 3 exercises before moving to the next circuit. 30 seconds each station/30 seconds' rest in between. **Modify time and effort level can be modified according to your fitness level.**

### Circuit One:

Front KTB Squat x2



Split Jumps x2



Abs Bicycle x 2

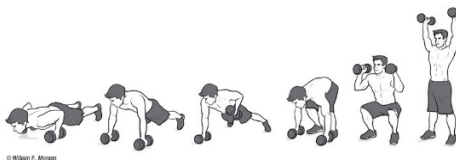


### Circuit Two:

Squat to Jump x2



Man maker to row to shoulder press x2



knee to elbow plank x2



**Cool Down:** take a 5-minute walk and stretch big muscle groups, holding each stretch for 12-20 seconds.