



HIIT SQUAD

WEEK 1 WORKOUT

1

EMOM

REPEAT 3-5X WITH
ONE MINUTE REST
BETWEEN ROUNDS



Forward to back lunge

0:00- 1:00

5 rounds per side

one round is doing
BOTH a front and back
lunge

weight in heel on front
foot
tap between lunges if
unstable



Burpees

1:00-2:00

10 reps

jump down into
high plank
back up into
standing then
leap at the top



12 shoulder taps into 10 pushups

2:00-3:00

12 shoulder taps to 10 push-ups

High plank on knees or toes
engage core to keep hips stable

Do 12 shoulder taps (6 per side)
then go directly into 10 pushups)



20 squat side steps

3:00-4:00

20 reps

Squat down, come up,
step in and out with
opposite leg.
alternate sides





Slow exterior mountain climber

4:00-5:00

10 reps per side

wrists under shoulders in
high plank
keep spine aligned,
hips not sinking.
bring knee out and into
elbow sloooowly