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