|  |  |  |  |
| --- | --- | --- | --- |
| HIIT & Abdominals |  |  |  |
| **Mini Circuit 1** | **Reps** | **Time** | **Rest** |
| Jump Squats | 20 |  | 15-20 sec |
| Full Burpees | 10 |  | 15-20 sec |
| Broad Jumps (fast feet back to line) | 10 |  | 15-20 sec |
| Wall Sit |  | 30 sec | ↓ |
| X 4 | 1 minute between rounds | | |
|  |  |  |  |
| **Mini Circuit 2** | **Reps** | **Time** | **Rest** |
| Mountain Climbers | 40 |  | 15-20 sec |
| Thrusters | 10 |  | 15-20 sec |
| High Knees Sprint |  | 30 sec | 15-20 sec |
| Plank Hold |  | 30 sec | ↓ |
| X 4 | 1 minute between rounds | | |
|  |  |  |  |
| **Mini Circuit 3** | **Reps** | **Time** | **Rest** |
| Ski Jumps, side to side | 20 |  | 15-20 sec |
| Walk Outs | 10 |  | 15-20 sec |
| Bear Crawls, forwards & Backwards | 10 |  | 15-20 sec |
| Hollow Hold |  | 30 sec | ↓ |
| X 4 | 1 minute between rounds | | |
|  |  |  |  |
| **Mini Circuit 4** | **Reps** | **Time** | **Rest** |
| Box Plank, Knees up |  | 30 sec | 15-20 sec |
| Kneeling 4 point superman hold |  | 30 sec | 15-20 sec |
| Kneeling 4 point superman hold |  | 30 sec | ↓ |
| X 4 | 1 minute between rounds | | |