Session 18

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| **Quick HIIT** |  |
| **Exercises** | **Rest** |
| 20 Seconds. Wide Press - Side Step - Wide Press - Push to Squat Hold | 10 sec |
| 20 Seconds. 1/4 Turn Jump Squats (turn both directions) |  |
| 30 Seconds Rest |  |
| X 3 |  |
|  |  |
| 20 Seconds. Jump Lunges | 10 sec |
| 20 Seconds. Single Leg Thrusters |  |
| 30 Seconds Rest |  |
| X 3 |  |
|  |  |
| 20 Seconds. High Knees Sprint | 10 sec |
| 20 Seconds. Cycle Crunches |  |
| 30 Seconds Rest |  |
| X 3 |  |
|  |  |
| 20 Seconds. Jumping Jacks | 10 sec |
| 20 Seconds. Drunken Climbers |  |
| 30 Seconds Rest |  |
| X 3 |  |