**2018 New Year’s HIIT Workout**



**Ease yourself into the New Year with this great 30 min HIIT Workout… 20 exercises do each one for 30secs & rest for 30secs**

Complete a 5min warm-up

* Jog on the spot
* Forward Lunges L&R
* Runners Lunges L&R
* Jump squats and climbing a rope with arms above the head
* Jog on spot & forward punches
* Press-ups
* Mountain Climbers
* Sit-ups – Lift as high as you can
* Side shuffles L - R tap floor in-between
* Forearm Plank – bring elbow to knee L & R
* Sumo Squats
* Reverse Lunges L&R
* Abdominal Cycle legs
* Adductor Criss cross
* Jog on spot and climb a rope
* Burpees jumping side to side in-between
* Abdominal crunches – feet of the floor 90\* angle reach under legs aiming to touch finger tips
* Press-up x 2 + 2 squat thrusts
* Squat reaches
* LASTLY running on the spot FAST as you can

Complete a 5min cool down/stretch

AND… My New Year’s Message to you all is…….

