**Alternating Fat Burning & Abs HIIT Workout...**

 **3 rounds - Total Workout 40min - 40 sec work - 20 sec rest**



**WARM UP 5min**

* Big Shoulder Circles/Rolls, forward and backwards
* Sumo Squats, wide legs, slowly moving down towards the floor go as low as you can
* Wide Squat & side to side reaches to opposite feet
* SLOW walkouts, wide legs, repeat 3 times
* Stand tall, holding one knee to chest, hold & stretch, step to forward lunge, hold stretch with a upper body twist repeat x 2 on each side
* Lay on back feet off the floor, & rock knees side to side, slowly
* Lay on back feet off the floor. Hug knees to chest, and slowly rock forward and backwards to release your lower back

**HIIT Workout - 10 exercises, 3 rounds**

1. High Knees or Jog/Run on spot
2. Walking Plank on toes/knees. Walk from standard - forearm plank
3. Low chest to floor Burpees, and JUMP up
4. Cycle Crunches – fast feet off or on floor
5. Mountain Climbers on toes or knees FAST… Stay low, knees to chest
6. Leg raises – lay on back and slowly raise and lower legs together towards the floor – Watch the lower back!!
7. Reverse Lunges or Reverse Lunge Jumps
8. Knee Crunch – Lay on your back, knees bent, reaching with hands towards the knees, shoulders OFF the floor, abs engaged
9. Press-ups on toes or knees
10. Heel Touches - Lay on your back, knees bent, reaching with hands towards the opposite heels, shoulders OFF the floor.

**STRETCH – 5min**