

**Post-Workout Calorie Burn: The Key to HIIT. The major reason that high-intensity interval training works so well to drop fat to a greater degree than continuous steady-state aerobic exercise appears to be the ability of all-out sprinting to boost your resting metabolism following a workout.**

**February 2018 - HIIT – Full Body Fat Burning**

**1st set - 40sec work - 20sec rest**

**2nd set - 30sec work – 30sec rest**

**3rd set – 20sec work – 10sec rest**

**Warm up & stretch**

* Low squats + small jumps + forward punching arms
* Walkouts + 1 press up
* Shuffle steps - side to side + touch down
* From Sumo squat into SLOW Burpee - repeat
* Forearm to standard plank on toes/knees
* Squat + knee lift with elbow to opposite elbows – alternate L&R
* Plank to pike
* Reverse lunges to high knee lift alternate L&R
* Forward power lunges alternate L&R - FAST
* Sit up/knees bent on feet on floor – mimic climbing a rope keeping the core engaged