

**August 2017 – HITT Leg/Butt Workout**

**45sec - work / 15sec - rest**

**Repeat 4 sets of each exercise**

**4min warm up 20sec each exercise repeat twice though**

* Boxer Shuffle side to side
* Bowlers L 1st set, R 2nd set with power arms
* Kick backs high or low
* Basic squats
* Reverse lunges L&R
* Alternate high knee lift - high or low impact

**HIIT Workout**

* Skaters fast



* Squat Reaches



* Burpee Lunge or standing lunge connect - 2 x L 2 x R



* Squat Adductor cross - 2 x L 2 x R



* Power Bowlers fast - 2 x L 2 x R



* Butt Lifts



* Climbing beasts on knees OR connects



* Walk outs + 2 press ups - Omit walkouts as a alternative

