**September 2017 - HITT**

**Low Impact Home HIIT Workout (Easy on the Knees) + 10min Abs’s Blast!!**

5min warm up 30sec each exercise repeat twice though

* Forward jog and backwards- 4 forward 4 back
* Kick backs
* Squat reaches
* Reverse lunge jumps or keep low L&R
* Skaters

**HIIT Workout 20min**

20sec - work / 10sec – rest repeat 4 sets of each exercise

* Glut Bridge…. Get humpy lol…. Hamstrings & Gluts
* Punch, Punch, Knee lifts to opposite elbow engage abs…..
* Ankle touches…. Opposite arm to ankle… Arms - full stretch up!!
* Underarm punch x 3 kick
* Lunge Jumps or reverse lunges
* Triceps push ups fast
* Superman’s… lay on front lifting legs and chest off floor
* Front straight Punches with speed
* Over head punch with a slight light shuffle on feet
* Walkouts & press-ups on knees if needed

**Abs’s Blast 10min**

20sec work / 10sec rest - 2 sets on each one

* Sit ups feet on floor
* Knee reaches feet on floor
* Reach over’s feet off hands come down to floor
* Single leg reach straight leg in line with bent knee L & R
* Bicycle crunches slow elbow to knee
* Reverse crunch – shoulders on floor just legs lifting towards body
* Side plank either lifting hips up/down or hold still L & R
* Plank walk on knees or toes - forearms to standard plank
* Forearm plank on knees or toes knees to elbows or hold plank
* Climbing Beasts on knees or toes