**February 2019 - HITT**

**Low Impact Leg’s & Abs’s Blast Workout**

4min warm 30sec on each exercise repeat twice though

* Forward jog and backwards- 4 forward 4 back
* Kick backs
* Basic squats
* Reverse lunge + knee lifts L & R

**HIIT Workout 20min**

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

* Wide Sumo Squat Reaches
* Repeater Knee lifts L & R alternate
* Jumping Jack Slow and deep Arms - full stretch up!!
* Sit ups feet on floor
* Knee reaches feet on floor or off
* Reach over’s feet off hands come down to floor
* Squats
* Jogging climbing a rope
* Mountain Climbers
* Single leg reach straight leg in line with bent knee L & R alternate
* Bicycle crunches slow elbow to knee
* Shuffle - Shuffle - tap
* Power Lunges - forward L & R alternate
* Leg extensions slow alternate L & R
* Wide push ups on knees or toes
* Plank walk on knees or toes - forearms to standard plank