

**July 2017 - HITT**

**Fat Burning Cardio Workout 40min**

**20 sec’s work - 10 sec’s rest**

**Repeat 6 sets of each exercise**

**4min warm up 30sec each exercise**

* Boxer Shuffle side to side
* Bowlers side to side
* Walk down to high plank
* Kick backs high or low
* Basic squats
* Lunges L&R
* Alternate high knee lift - high or low impact
* Jumping Jacks high or low impact – arms straight and high over head

**HIIT Workout**

* Forward broad jumps + 2 Jumping Jacks turn around and repeat
* ‘Pop’ Squats like Reach downs but with a jump in-between each one
* Burpees + 2 front kicks R/L
* 3 Switch Foot Jumps + Reverse Lunge on 3rd Jump
* Low slide Squat Jump L to R – TIP Stay low in the knees
* Flutter kicks – Lie on back shoulders off the floor and engage abs. Legs straight out and lift R/L as fast as you can BUT in in full range of movement.
* Static Squat & Step Back/Lunge – Stay low in Squat position
* Walk outs + 2 press ups

**COOLDOWN**

* 5 min to reduce heart rate slowly and safely, followed by Stretches