**March 2019 – 50+ HITT**

**Lower/Upper Body & Abs/Back Workout**

4min warm 20sec 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 30min – WEIGHTS optional**

20sec - work / 10sec – rest repeat 4 sets of each exercise (14)

* Shuffle - Shuffle - tap
* Power Lunges - forward L & R alternate using weights
* Bowlers L & R using weights with overhead reach
* Wide Sumo Squat + Lateral raisers using weights, overhead or forward stretch arms
* Repeater Knee lifts L & R alternate using weights
* Squats forward shoulder raises using weights
* Alternative – Wide squat, reverse wide lunge, squat, repeat fast
* Tricep overhead extensions using weights
* Sit ups feet on floor
* Reach over’s feet on or off floor, hands come down to floor
* On all fours alternate L arm, R leg extensions, slow & fast
* Back extensions on individual levels
* Criss Cross adductors
* Downdog knee drops slow & up tempo

Stretch – D/Dog, Resting Child’s Pose, Bridge, Cat, Pigeon, repeat on other side

