

**June 2017 - HITT**

**Core & Upper body Workout 30 - 45min**

**40 sec’s work - 20 sec’s rest**

**Repeat 2- 4 sets of each exercise**

* Butt Kicks FAST (hamstring curls)
* High to Low Squats or Reach downs
* Walkouts + 1 triceps connect **(AIM 3)**
* Abdominal Crunches - feet off or on the floor and lift shoulders as high as you can of the floor reaching for your knees **(AIM 30)**
* Alternate Single leg raises L&R (20sec each)
* Triceps dips – slow /fast **(AIM 1st set 23, 2nd set 16)**
* High to Low lunges L & R (20sec each)
* Mountain Climbers FAST and bring knees to chest **(AIM 32)**
* Plank Side taps L & R (20sec each)
* Adduction Chris Cross
* Wide Press-ups on knees **(AIM 1st set 40, 2nd set till overload)**

**REST…… after abdominal crunches and mountain climbers if needed for 1 min!!**