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18 Minute HIIT Workout

Do 24 rounds, 30 seconds on, 15 seconds rest

1. Burpees for 30 seconds
 - a. Rest 15 seconds
2. Squat for 30 seconds
 - a. Rest 15 seconds
3. Jump Lunges for 30 seconds
 - a. Rest 15 seconds
4. Pushups for 30 seconds
 - a. Rest 15 seconds
5. High Knees for 30 seconds
 - a. Rest 15 seconds
6. Sit-up for 30 seconds
 - a. Rest 15 second

Repeat this 3 more times.....

Work HARD!! Get that heart rate up to 160-180.

Burpees:

Start standing, squat down, put your hands on the floor and kick your feet back to a push-up position. Return your feet back to the squat position and immediately jump up in the air as high as you can.

Squat:

Stand with your feet hip width apart. Squat down pushing your hips and butt back like you are sitting in a chair. Make sure your weight is on your heels and your knees are behind your toes. Squat down until your thighs are parallel to the floor or a little deeper.

Jump lunges:

Start in the lungeing position (one leg forward, one leg back) with your knees almost touching the floor. Explosively jump and switch legs. Repeat as fast as you can.

Push-ups:

Start in a push-up position with your shoulders over your hands. Engage your abs and glutes. Lower yourself so that your chest nearly touches the floor. Push yourself back up and repeat. Can do these on your knees or inclined as well. An incline push up is where you are standing at a 45 (ish) degree angle and pushing yourself up or away from a wall or bench.

High knees:

Stand with your feet hip width apart. Lift one knee toward your chest and bring it back down. Do the same with your other leg. Alternate as fast as you can.

Sit-ups:

Lay on the floor with your knees up and your feet flat on the floor, preferably with your feet hooked under something sturdy for leverage. Hold your arms at your chest and lift your upper body off of the floor and lower back down.