

# HIIT workout for the advanced

Overall fitness with our HIIT full body workout

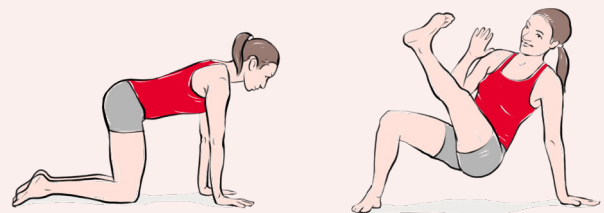
1 set = 8 exercises at 45 s high intensity + 15 s recovery in between  
1 workout = 3 sets

## Lunges



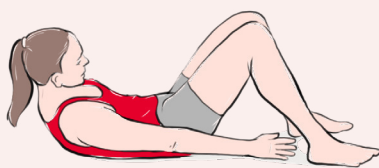
- ✓ Straighten upper body, stand hip-width
- ✓ Step forward one foot
- ✓ Lower your body
- ✓ Keep back knee above the floor
- ✓ Stand up straight again

## Kick through



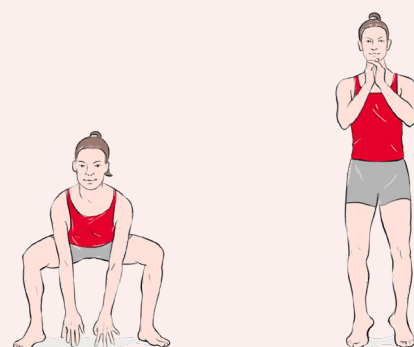
- ✓ On all fours position
- ✓ Lift buttock
- ✓ Rotate inwards
- ✓ Kick through with one leg
- ✓ Return to all fours position

## Heel touch



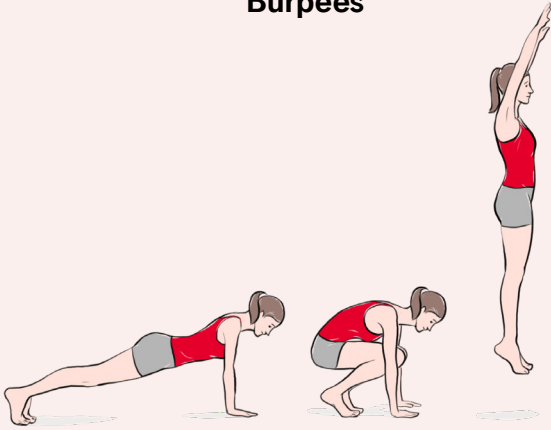
- ✓ Back position, legs bent, arms parallel to your body
- ✓ Slightly raise head, shoulders, and upper body
- ✓ Touch left foot with the left hand
- ✓ Then, touch right foot with the right hand
- ✓ Repeat

## Pop squats



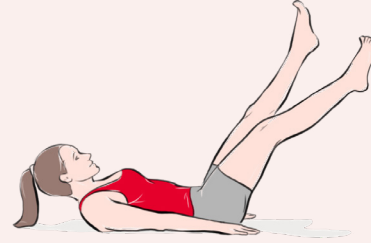
- ✓ Stand up straight, hip-width
- ✓ Use arms for momentum
- ✓ Jump up
- ✓ Put down feet shoulder-width
- ✓ Transition into squats
- ✓ Straighten up into the jump
- ✓ Repeat

### Burpees



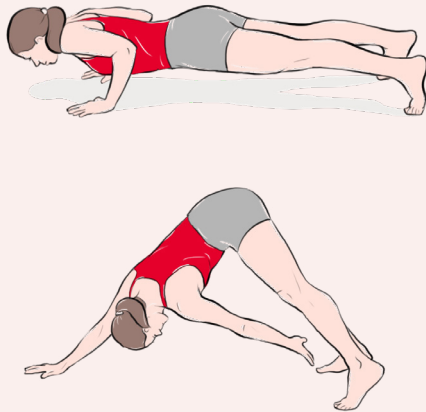
- ✓ Push-up position
- ✓ Carry out push-up
- ✓ Pull feet forward into squat position
- ✓ Straight jump
- ✓ Return to push-up position & repeat

### Flutter kicks



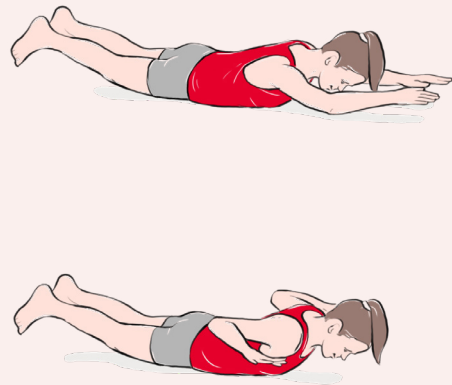
- ✓ Back position
- ✓ Lift straight legs
- ✓ Kick legs up and down

### Push up toe tap



- ✓ Push-up position
- ✓ Lower body & raise again
- ✓ Touch right foot with the left hand
- ✓ Touch left foot with the right hand
- ✓ Return to push-up

### Superman pulse



- ✓ Lie on your stomach, look down
- ✓ Straighten arms and legs
- ✓ Raise both arms and legs multiple times and lower