



## Royally Fit: HIIT 18 Minute Power Workout

### HIIT 18 Minute Power Workout

This HIIT power workout is going to make you feel exactly like it says...powerful! We're working your major muscle groups: legs, back, chest and core. It was intense, but I have a sneaky feeling you're really going to like it anyways! Today, I only need 18 minutes of your time. Let's do this!

#### What you will need:

- Dumbbells and a kettlebell if you have one!

#### Warm-Up

- 3 minutes of jump rope

#### Workout - 50/10

- **Kettlebell swing** – Keeping your arms straight with a slight bend in your elbows, drop the weight between your legs when you squat, and then lift it up to chest level or above your head with your straight arms when you lift up out of your squat position. Make this swing fluid, moving from one squat to the next without a break.  
*Modification:* If you feel any pain in your back at all, please do regular squats without the weight.
- **Alternating back rows in table top position**– With your knees underneath your hips, and your hands underneath your shoulders, pull those abs in tight while you alternate your arms up into back rows to work your mid back.  
*Modification for intensity:* If you want to make this exercise more intense, come off your knees and do this baby off your toes!
- **Push-up with alternating leg kick outs** – Complete one push-up followed by a straight leg kick out to the side to contact your side core/oblique's.  
*Modification:* Do the push-up on your knees for some assistance (I know I needed lots of this) and then complete your leg kick out.

\*\*Complete these three exercises for 50 seconds on and 10 seconds off for a total of 5 sets without a break. Bam!

#### Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Get sweaty!  
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