



Royally Fit: 27 Minute Fat Shredder HIIT Workout

We have 7 moves to get that heart rate up and sculpt that beautiful body.

What you will need:

- Nothing, just yourself and a smile

Warm-Up:

- Various moves to get that body warmed up

Workout: Complete the exercises below for 45 seconds on, with 15 seconds to recover, repeat 3 times

- **Jumping Jack** – I think you ladies know how to do this one ;)
- **Mountain Climbers** – Make sure your shoulders, elbows and wrists are line up, and tht you keep your bum down, not bring your knee to your chest and alternate legs as fast as you can
- **Jump rope** – No need to bust out a real rope, we will make believe we are holding onto one
- **Burpees** – You know the drill, drop to the floor into a plank and jump back up as fast as you can!
- **Squats** – Keep the weight in the heels and your shoulders back. Make sure those knees are not going over the toes!
- **Butt kicks** – try to see if you can actually get the foot up to kick your bum!
- **Alternating lunges with 4 pulses** – Drop into a lunge position and give me 4 pulses, keeping the legs low to really burn out the quad. After 4 pulse jump or step onto the opposite leg and repeat

Take a 1-minute break between sets to lower your heart rate.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.