20 Minute Tabata HIIT Workout

Get ready to sweeeaaaaat and get that heart rate pumping! We are combing the magical forces of Tabata and HIIT to make for one amazing, quick workout.

For today's workout you don't need any equipment, just your badass self.

Warm-Up:

- Gentle movements and dynamic stretching to get your body warm and ready to work.

Workout:

- We have 3 circuits to complete. Each circuit has 2 moves which will be performed for 20 seconds on with a 10 second break.

Circuit 1

- **4 Squat Touchdowns, 4 High Knees –** if the squat jumps are a little too intense you can modify and perform 4 regular squats.
- 6 **Mountain Climbers with 1 Push Up** – In a plank position perform 6 mountain climbers (3 / side) and then perform 1 push up either on your knees or toes

Circuit 2

- **4 X jumps, with 4 Punches –** Embrace your inner boxer, and be sure to punch hard an with your whole body behind each punch.
- **Plie Hop Squats –** Spread your feet wide apart, with your toes pointing outwards. Sink low bringing your inner thighs towards the floor. Keep your shoulders back, belly button in tight and gently hop your feet just a few inches from the floor and land softly. *Modification* Take the jump out and just pulse it out.

Circuit 3

- **Standing Long Jump with Backward Jog –** Embrace your inner kid and think about your Track and Field days. Sink low and into your feet, use your arms to help with momentum and jump forward as far as you can. Be sure to land softly on your feet. Now jog back into starting position.
- **Sit Up Pulses –** Bring yourself down to the floor and sit on your bum, with your feet out in front of you. Get in a position that is at the half way point of a sit up and pulse it out. This will burn right across the middle of your core.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Kaylie Ginn

20 Minute Tabata HIIT Workout

Make today badass!
Kaylie Ginn