

HIIT → 40 sec work + 20 sec rest

1st ROUND

1. triceps push ups

2. squats "sumo"



} 40 sec

20 sec rest

3. = 1.

4. = 2.

} 40 sec

20 sec rest

5. pectoralis push ups

6. squat with jump



20 sec rest

7. = 5.

8. = 6.

60 sec rest

2nd ROUND

1. push up with the touch of shoulder

2. lunge back with jump



—
20 sec rest

—
3. = 1.

4. = 2.

—
20 sec rest

—
5. small movements in push up

6. sumo squats => jump and turn 180°

—
20 sec rest

—
7. = 5.

8. = 6.

—
60 sec rest

3rd ROUND

1. push ups - one arm forward



2. normal squats

—

20 sec rest

—

3. = 1.

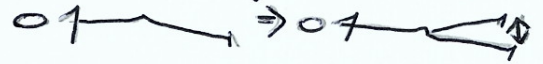
4. = 2.

—

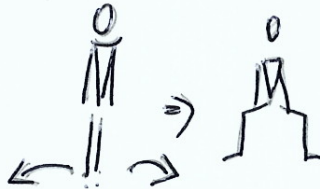
20 sec rest

—

5. push up position \Rightarrow using jumps wide spread legs



6. jumping jacks



—

20 sec rest

—

7. = 5.

8. = 6.

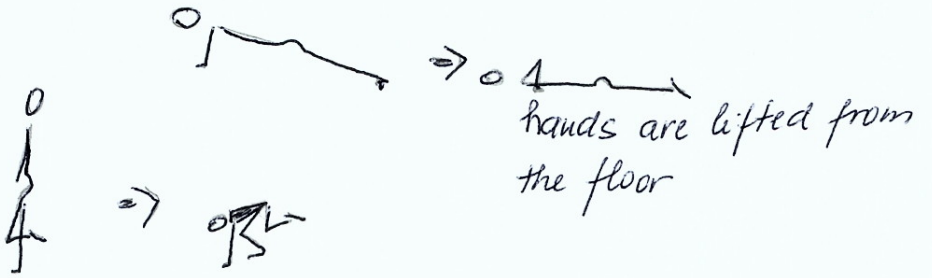
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60 sec rest

4th ROUND

1. push ups

2. one leg squat



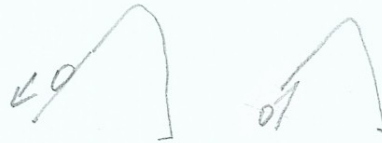
20 sec rest

3. = 1.

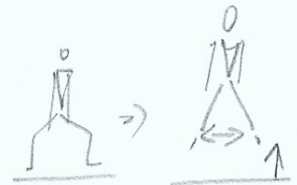
4. = 2.

20 sec rest

5. delt push ups



6. sumo squats with jump



20 sec rest

7. = 5.

8. = 6.

The END