

HIIT - COMPLETE NUMBER OF REPS

1st ROUND - whole round repeat 4 times

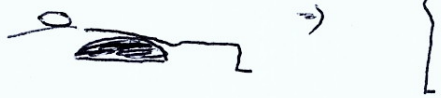
1. burpees with bsw



2.



3.



4.

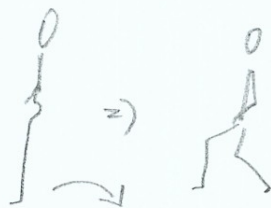


rest 1,5 - 2 minutes

2nd ROUND - whole round repeat 3 times

1. running on bsw (each 3rd step stop for a second)

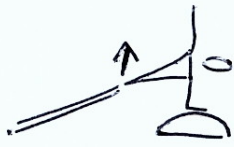
2. lunges back



3. push ups on bsw (each 2 push ups are different)

3rd ROUND = whole round repeat 2 times

1.



left palm's

2.



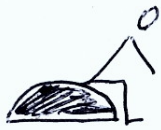
jump from one side to the other side

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4th ROUND = 100 reps (or 50 reps + 50 reps)



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• number of reps depends on the level of fitness of your students.

• be aware of correct technique