

fat burning **HIIT WORKOUT**

Do each exercise for 45 seconds with 15 seconds rest between the exercises.
When you finish take a 60 seconds rest and do another round, 2 rounds total.

GORILLA SQUATS

45 SEC



PLANK HOLD

45 SEC



KNEES TO CHEST

45 SEC



SQUAT SPRAWLS

45 SEC



TRAVELING JUMP SQUATS

45 SEC



MOUNTAIN CLIMBERS CROSS

45 SEC



SEASAW LUNGE (left leg)

45 SEC



V-UP GUMBO

45 SEC



SEASAW LUNGE (right leg)

45 SEC



CRAB KICKS

45 SEC



BEAR CRAWL HOLD

45 SEC



BURPEE SPRAWLS

45 SEC



Fitness Workout Ideas

Yvonne Worth



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