

# HIIT

MUSCLE GROUP: FULL BODY CIRCUIT

DIFFICULTY: 🔥🔥🔥🔥

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Goblet Squats	3-4	10			
Burpees	3-4	8			
Squat to Press	3-4	10			
Push Ups	3-4	8			
Mountain Climbers	3-4	12 each			
Bicycle Crunches	3-4	10 each			



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EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
BW Squats	3-4	12			
Shoulder Taps	3-4	10 each			
Reverse Lunges	3-4	8 each			
Push Ups	3-4	8			
Russian Twists	3-4	10 each			
Squat Jumps	3-4	10			



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DIFFICULTY: 

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Sit Ups	3-4	10			
Lunges	3-4	8 each			
Jumping Jacks	3-4	10			
DB OH Press	3-4	8			
BW Squats	3-4	8			
Bird Dogs	3-4	6 each			