

20 Minute HIIT Drills

ANYWHERE

5 minute warm-up - fast walk or jog then stretch

Workout: Pink = WORK PHASE Blue = RECOVERY PHASE

- 1:00 Jump rope
- 1:00 Recovery (walk or march in place)
- 1:00 Squats (weight optional)
- 1:00 Recovery (walk or march in place)
- 1:00 Jumping jacks (weight optional)
- 1:00 Recovery (walk or march in place)
- 1:00 High knee run (in place or moving)
- 1:00 Recovery (walk or march in place)
- 1:00 Push ups
- 1:00 Recovery (walk or march in place)
- Repeat

5 minute cool down and stretch

For the WORK PHASE, go as hard as you can for the whole minute. If you can't make it the entire time, start your RECOVERY PHASE at the point where you can't work anymore. Try not to stand still on the recovery - walk around or march in place.