



20-Minute Beginner HIIT

Round 1

MINUTE 1 - JUMPING JACKS
MINUTE 2 - AIR SQUATS
MINUTE 3 - PUSH UPS
MINUTE 4 - PLANK
MINUTE 5 - REST

Round 2

MINUTE 1 - 4 HIGH-KNEES+
4 BUTT KICKERS
MINUTE 2 - ALTERNATING
REVERSE LUNGES
MINUTE 3 - MOUNTAIN
CLIMBERS
MINUTE 4 - BUTTERFLY
CRUNCHES
MINUTE 5 - REST

Round 4

MINUTE 1 - 4 HIGH-KNEES+
4 BUTT KICKERS
MINUTE 2 - ALTERNATING
REVERSE LUNGES
MINUTE 3 - MOUNTAIN
CLIMBERS
MINUTE 4 - BUTTERFLY
CRUNCHES
MINUTE 5 - REST

Round 3

MINUTE 1 - JUMPING JACKS
MINUTE 2 - AIR SQUATS
MINUTE 3 - PUSH UPS
MINUTE 4 - PLANK
MINUTE 5 - REST

Notes :

- Alternatives for each movement are listed in the full blog post
- If you are unable to perform the movements for a full 60 seconds, take a break as needed
- Plan to do this workout 2-3 times per week as you're getting started
- When you're ready, feel free to add weights and/or resistance bands to up the challenge