

HOLIDAY HIIT 20 | WEEK #1

15 MINUTE HIIT AMRAP **BODYWEIGHT**

SET TIMER FOR 15 MINUTES. COMPLETE 5 REPS OF EACH MOVE. COMPLETE AS MANY ROUNDS AS POSSIBLE IN 15 MINUTES. REST WHEN NEEDED.



LATERAL BURPEE W/TUCK JUMPS

rounds

PLANK THRUSTER TO PUSH-UP TO JUMP TUCK

rounds

SQUAT W/KNEE TOUCH

rounds