

DAY 1

HIIT DAY

5 rounds of 40 sec work 20 sec rest:

- ✓ **Jumping Squats**
- ✓ **Plank Jumps**
- ✓ **Mountain Climbers**
- ✓ **High Knees**

Tips

- In this Tabata style workout, you will perform 40 seconds of jumping squats, rest 20 seconds, 40 seconds of plank jumps, 20 seconds rest, and so on until you finish all 4 movements, then you will repeat for 4 more rounds.
- Since it's only 40 seconds of work, make sure you're moving FAST through these movements while still keeping your form perfect throughout. This workout is all about keeping your heart rate up!