

DAY 1

HIIT DAY

5 rounds of 40 sec work 20 sec rest:

- ✓ **Star Jumps**
- ✓ **Burpee Pops**
- ✓ **Spider Mountain Climbers**
- ✓ **Side Skater Jumps**

Tips

- In this tabata style workout, you will perform 40 seconds of star jumps, rest 20 seconds, 40 seconds of burpee pops, 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!