



It's HIIT Time!

Within each superset, perform the exercise for 30 seconds resting for 10. Move between each of the 2 exercises in each superset 3 times. Then move on to the next superset and repeat. Rest roughly 90 seconds between supersets.

Get your Sweat on!

HIIT Round 1 (30 Seconds Work: 10 Seconds Rest)

1a. Push-ups

Modification: Drop into knee position or use an elevated surface if just beginning!

1b. In and Out Abs

Modification: Bodyweight squats or squat to a chair

HIIT Round 2 (30 Seconds Work: 10 Seconds Rest)

2a. Bent-over Dumbbell Reverse Flyes

2b. Burpee with push-up

Modification - 10 Reps (Please modify by eliminating the jump and/or stepping back instead of hopping back into plank position if necessary)

HIIT Round 3 (30 Seconds Work: 10 Seconds Rest)

3a. Glute Bridge with a chair

Modification: use bodyweight only

3b. Boat Pose

Modification - Touch heels to the floor or take a bent knee instead of straight leg position

HIIT Round 4 (30 Seconds Work: 10 Seconds Rest)

4a. Renegade Rows

Modification - Take a knee position and use bodyweight only

4b. Squat Jump to Lunge Jump

Modification - Alternating Reverse Lunge

BONUS CORE BURNER!

20 Lying Leg Raises, 40 Ab Bikes, 30 Crunches, 60 Second Plank

Don't forget to cool down and stretch!

SALLY MAE FITNESS

I believe that everyone has the potential to live healthy and happy lives. My job is to help you rediscover your best self. My online coaching and training programs are personalized, accessible and flexible, giving you the ability to reach your goals wherever you are in life. Create the healthy, happy life you deserve on your own schedule. I will be supporting and coaching you every step of the way.

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