

# High Intensity Interval Training

## *Intense Fat Burning*

### Instructions:

1. Do each exercise for 45 seconds and take 15 seconds rest between exercises.
2. Focus on form. More reps within that 30 seconds is great but it's better to have fewer reps with perfect form than the other way around.
3. Make sure you do at least 5 mins warm up.
4. Have some water with you.
5. If unsure, please get in touch!

### Exercises

1. High Knees
2. Burpees
3. Prisoner Squats
4. Push Ups
5. Lateral Jumps
6. Mountain Climbers
7. Plank
8. Leg Raises
9. Spider Abs
10. Glute Bridge

Repeat all exercises as many times as you can. Take between 30 – 60 seconds rest between rounds.

Have fun 😊