

# Quick HIIT

**Round 1** Jump Squats  
Bicycle Abs (4 slow, 4 quick)  
Hop Overs

**Round 2** Jumping Jacks (or Star Jacks)  
In & Out Spider-Man Plank  
Fast Feet

**Round 3** Burpees  
Butterfly Crunches  
High Knee Hold (on 5)

**Round 4** Shuffle Jumps  
Lunge Hops (2 each side)  
Plank T's

**Do all three drills  
for 45 seconds, then  
30 seconds, then 20  
seconds.**

**Repeat the entire set  
2-3 times!**



**B A S I N**  
**R E C R E A T I O N**