

HIIT CORE WORKOUT

This workout is beneficial for strengthening your core endurance, improving heart rate, and providing a high calorie burn.

EXERCISE	REPS/SECS	SETS	REST (S)	COMMENTS
SQUAT PRESS	21-15-8 reps	3	15-30	<ul style="list-style-type: none">• Use a set of dumbbells for this• Squat right down and on standing push weights straight over head
MOUNTAIN CLIMBERS	45 secs	4	20	<ul style="list-style-type: none">• Squeeze belly button in towards spine keeping core engaged• Push knee through to opposite elbow
KETTLEBELL SWING	20 reps	4	30	<ul style="list-style-type: none">• Core always engaged, keeping spine completely neutral• Do not overextend hips by pushing to far forward• Do not curve shoulders. Chest up and forward facing forward
STRAIGHT LEG CRUNCH	20 reps	4	30	<ul style="list-style-type: none">• Keep legs up and straight, reaching as far forward as you can towards toes• Breathing controlled throughout exercise
SQUAT THRUSTS	45 secs	3	30	<ul style="list-style-type: none">• Keep shoulders strong, core always engaged and stay on toes• Jump feet in between hands as close as you can get
TWISTING PLYO LUNGES	20 reps	4	30	<ul style="list-style-type: none">• Switch between each foot when lunges• Hold the weight in front and twist core on every landed lunge
CHEST TO FLOOR	45, 30, 20 secs	3	15-30	<ul style="list-style-type: none">• On the way down think knees first, hips then chest to floor and opposite on the way back off the floor i.e., chest of the floor first