

DAY 25 (HIIT – High Intensity Interval Training)

40 Seconds Mountain Climbers

20 Seconds Star Jumps

>> 4 Rounds <<

40 Seconds High Knees

20 Seconds Plank Jacks

>> 4 Rounds <<

40 Seconds Touchdown Frog Hops

20 Seconds Star Jumps

>> 4 Rounds <<

40 Seconds Side to Side Ski Jumps

20 Seconds Plank Jacks

>> 4 Rounds <<

40 Seconds Heismans 1..2..3..

20 Seconds Star Jumps

>> 4 Rounds <<

40 Seconds Side to Side Low Shuffles (5:5)

20 Seconds Plank Jacks

>> 4 Rounds <<

40 Seconds Cross Jacks

20 Seconds Burpees

>> 4 Rounds <<