

DAY 19 (HIIT – High Intensity Interval Training)

DB = Dumb Bell

SB = Stability Ball

20 Seconds Squat Thrust Jump Tuck + 10 Seconds REST

20 Seconds Spiderman Climbers + 10 Seconds REST

>> 4 Rounds <<

20 Seconds DB Jumping Jacks + 10 Seconds REST

20 Seconds DB Alternating Wood Chops + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Vertical Jumps + 10 Seconds REST

20 Seconds 180 Jumps + 10 Seconds REST

>> 4 Rounds <<

20 Seconds In and Out Power Squats + 10 Seconds REST

20 Seconds Toe Taps + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Karaoke + 10 Seconds REST

20 Seconds Back Pedal + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Power Skips + 10 Seconds REST

20 Seconds Butt Kicks + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Side to Side Shuffle (3:3) + 10 Seconds REST

20 Seconds Seal Jacks + 10 Seconds REST

>> 4 Rounds <<