

DAY 2 (HIIT – High Intensity Interval Training)

SECTION A

30 Seconds Jumping Jacks

30 Seconds Plank Jacks

>> 3 Rounds <<

30 Seconds Ice Skaters

30 Seconds Alternating High Knees

>> 3 Rounds <<

30 Seconds Burpees

30 Seconds Mountain Climbers

>> 3 Rounds <<

30 Seconds Side to Side Skiers

30 Seconds Bridge Alternating Toe Touches

>> 3 Rounds <<

SECTION B

1. Groiners

2. Jump Tucks

3. Alternating Jump Lunges

4. Touch Down Frog Hops

5. Heismans