

## **DAY 23 (HIIT - High Intensity Interval Training with Core Work)**

**DB = Dumb Bell**

**40 Seconds DB Side Bends**

**20 Seconds Star Jumps**

**>> 4 Rounds <<**

**40 Seconds Plank Jacks**

**20 Seconds Star Jumps**

**>> 4 Rounds <<**

**40 Seconds DB Alternating V ups**

**20 Seconds Star Jumps**

**>> 4 Rounds <<**

**40 Seconds DB Sunrise Sunset**

**20 Seconds Star Jumps**

**>> 4 Rounds <<**

**40 Seconds In and Out Jumps**

**20 Seconds Star Jumps**

**>> 4 Rounds <<**

**40 Seconds DB Alternating Woodchops**

**20 Seconds Star Jumps**

**>> 4 Rounds <<**

**40 Seconds Reverse Crunches**

**20 Seconds Star Jumps**

**>> 4 Rounds <<**