

# OURBESTBITES.COM FIT CLUB WORKOUT #1

## TOTAL BODY HIIT



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#1

DO EACH EXERCISE FOR 30 SECONDS, RESTING 10 SECONDS BETWEEN EACH EXERCISE. REPEAT ENTIRE WORKOUT 2-3 TIMES.

### SQUAT JACKS

STAND W/ FEET HIP-WIDTH APART. SQUAT DOWN PUSHING BOOTY TO THE BACK OF THE ROOM, TOUCH TOES, & AS YOU COME UP, LIFT ARMS OVER HEAD INTO A JUMPING JACK.

### MOUNTAIN CLIMBERS

HANDS AND FEET ON FLOOR IN PLANK POSITION. QUICKLY ALTERNATE KNEES TOWARD CHEST.

### PUSH-UPS TO ALT SIDE PLANK

PUSH UP, THEN REACH RIGHT ARM AND RIGHT HIP TO CEILING. RETURN TO PUSH-UP. REPEAT ON OPPOSITE SIDE. \*MODERATION: DROP TO KNEES IF NEEDED.

### JUMP LUNGES

STAND IN LUNGE POSITION W/ BOTH KNEES AT 90\*. JUMP UP & ALTERNATE LEGS, LANDING IN SQUAT AGAIN. \*MODERATION: REMOVE JUMP AND JUST DO ALTERNATING STANDING LUNGES.

### TRICEP DIPS

HANDS AND FEET ON FLOOR WITH BOTTOM FACING DOWN AND FINGERS POINTED TOWARD TOES. BEND ELBOWS, LOWERING HIPS TO FLOOR AND BACK UP.

### HIGH KNEE RUN

STANDING POSITION. QUICKLY ALTERNATE EACH KNEE UPWARD TOWARD CHEST.

### PLANK SHOULDER TAPS

HANDS AND FEET ON FLOOR IN PLANK POSITION. REACH ONE ARM UP TO TAP OPPOSITE SHOULDER. ALTERNATE WITH EACH ARM.

### SINGLE LEG DEAD LIFT WITH HOP (RIGHT LEG)

BALANCE ON RIGHT LEG, HINGE FROM HIPS AND TOUCH FLOOR WITH LEFT HAND. COME UP AND HOP. REPEAT ON R LEG ONLY. \*MODERATION: REMOVE HOP.

### SIDE TO SIDE SHUFFLE

QUICK FEET SHUFFLE RIGHT, TOUCH THE FLOOR, THEN SHUFFLE LEFT AND TOUCH THE FLOOR. REPEAT.

### SINGLE LEG DEAD LIFT WITH HOP (LEFT LEG)

BALANCE ON LEFT LEG, HINGE FROM HIPS AND TOUCH FLOOR WITH RIGHT HAND. COME UP AND HOP. REPEAT ON L LEG ONLY. \*MODERATION: REMOVE HOP.