

Giulia's 30 Minute Leg/Core HIIT Workout

Focus: get that heart rate up through intense, shorts bursts of exercise followed by a short rest!

HIIT Intervals= 40:20 (40 seconds of work, 20 seconds of rest)

Complete 2 rounds of each circuit (total time= ~8 minutes)

1 minute rest before moving on to the next circuit

Exercise Name	Form Tips	# Reps	# Sets
LOWER BODY			
A1: High knees	-drive the knees up high towards the chest	40:20	2
A2: Drop squats	-use the arms to help with momentum of the jump	40:20	2
A3: Reverse lunges	-drive through the front foot to come back up to standing	40:20	2
A4: Air squats	-keep the chest up tall when squatting down	40:20	2
CORE			
B1: Russian twists	-squeeze the core when twisting from side to side	40:20	2
B2: Sit ups	-engages the core and sit the chest up to the knees	40:20	2
B3: Front plank	-keep the core tight, hips tucked and back flat -shoulders are directly over the elbows	40:20	2
B4: Reverse crunches	-squeeze the core and drive the hips and legs up	40:20	2
LOWER BODY and CORE			
C1: Jump squats	-use the arms to help with momentum of the jump	40:20	2
C2: Leg drops	-squeeze the core when drive the legs back up	40:20	2
C3: Sumo squats	-feet are placed outside the hips with toes pointed out -engage the side of the glutes to drive back up	40:20	2
C4: Full body crunch	-squeeze the core when crunching the arms and legs to the middle	40:20	2