

# 25 MIN FULL BODY HIIT WORKOUT

HIIT: High Intensity Interval Training

Build endurance, muscle, and find balance with these easy activities!

No equipment necessary! Fun for the whole family!

**Warm-up:** Jog/march in place (2 minutes)

**Cycle:** Do exercise 1 for 30 seconds, then rest for 30 seconds.

Then exercise 2 for 30 seconds, then rest for 30 seconds.

Continue through the rest of the exercises.

This is 1 cycle- repeat twice for a total of **3 cycles!**

1. Jumping jacks
2. Push-ups
3. Squats
4. Front lunge
5. Side lunge (left)
6. Side lunge (right)
7. Sit-ups

You can rest longer or shorter to adjust the difficulty of this workout!

