

# 45-MINUTE FULL BODY HIIT WORKOUT



**WORK 40 SEC / REST 20 SEC**

## CIRCUIT 1

### DYNAMIC WARM-UP & CARDIO ACTIVATION

HIGH KNEES  
JUMPING JACKS  
PLANK WALKOUTS

JUMPING JACKS  
BODYWEIGHT SQUATS  
PLANK WALKOUTS

## CIRCUIT 3

### UPPER BODY STRENGTH & CONDITIONING

PUSH-UPS  
TRICEP SHOULDER TAPS

PLANK SHOULDER TAPS  
TRICEP DIPS

## CIRCUIT 4

### FULL BODY STRENGTH & EXPLOSIVE POWER

BURPEES  
SQUAT TO PRESS

MOUNTAIN CLIMBERS  
SKATER HOPS

## CIRCUIT 5

### CORE FINISHER & METABOLIC BURN

RUSSIAN TWISTS  
PLANK HOLD

LEG RAISES  
BICYCLE CRUNCHES

# Minute Workout

**S Ben Porath**



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