



HIIT Workout 1

Cycling Intervals:

10 rounds, 20 seconds fast, 40 seconds slow

3 Rounds of:

1. Ball Slams: 40 seconds active, 20 seconds rest
2. Shoulder Press: 40 seconds active, 20 seconds rest
3. Plank: 1 minute active, 20 seconds rest

Cycling Intervals:

10 rounds, 20 seconds fast, 40 seconds slow