

# Advance Full Body - H.I.I.T.



## 1 Warmup 45 secs each, 3 rounds



High Knees



Squat to Press  
(body weight)



Alternating  
Side Lunges



Squat Knees  
to Elbow

## 2 Conditioning 45 secs each, 4 sets (3 exercises)



Push-up



Squat Jump



Mountain  
Climbers



Rest 45 secs

## 3 Core 45 secs each, 4 sets (3 exercises)



Lunge Jumps



Burpees



Box Plank



Rest 45 secs

## 4 Full body stretch Hold each stretch for 30 secs



Calves



Hamstrings



Quads



Chest



Back



Shoulder



Triceps