

10 - Minute HIIT Workout

You Can Do Anywhere

INTEGRIS

Do each exercise for 45 seconds, followed by 20 seconds of rest.



1 Burpees

Begin standing upright. Squat down, place your hands on the ground in front of you and jump your feet back to a plank position. Jump your feet back toward your hands, reach your hands up and jump up explosively. Repeat.



2 High Knees

Drive one knee toward your chest and quickly place it back on the ground. Repeat with your other knee. Alternate quickly between each leg repeatedly.



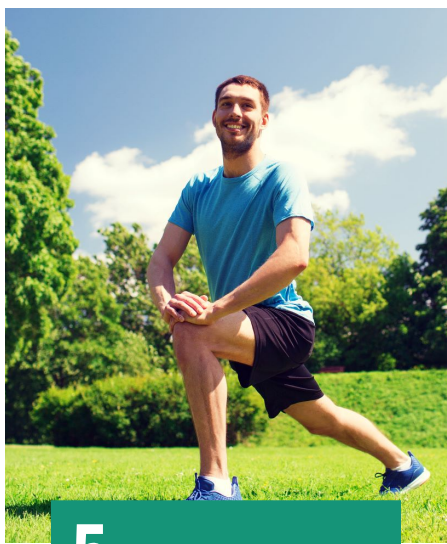
3 Side Lunges

Stand with your legs wider than shoulder-distance apart. Shift your weight to one leg so one knee is in a 90-degree angle and the other is straight to your side. Return to center and switch sides. Alternate between each leg repeatedly.



4 Jumping Jacks

Begin standing upright. Jump up and spread your legs wide while reaching your hands over your head. Jump back to starting position. Repeat.



5 Forward Lunge

Keep your torso upright and step one foot forward and lower your body until your front knee is in a 90-degree angle and your back knee is just above the floor. Push yourself backward with your front foot to return to your starting position. Alternate between each leg repeatedly.



6 Pushups

Get into a plank position with your arms and legs straight. Keep your back straight and lower your body by bending elbows until your chest is just above the floor. Pause, push yourself back up and repeat.



7 Mountain Climbers

Get into a plank position. Engage your core and bring one knee forward under your chest with your toes off the ground. Return to plank position and alternate between each leg repeatedly. It should feel like you're running in place.



8 Butt Kicks

Begin standing upright. Kick your one heel up toward your butt and then return your foot to the floor. Alternate quickly between each leg repeatedly.



9 Jump Squats

Begin standing upright. Squat down. Engage your core and jump up explosively. Return to standing position and repeat.



10 Sprints

Run sprints in short bursts back and forth in a designated area for 45 seconds.