

## **HIIT Workout**

*30 seconds work, 10 seconds rest  
Repeat each section for a total of 2-3x*

Push-Ups  
Static Back Crunches  
Active Triceps Bridges

Alternating Reverse Lunges  
Spread Foot Glides  
Downward Dog Squats

V-Sit with Twist (weight optional)  
Wide Active Shoulder Bridges  
Kneeling Roller Coasters

Squats  
Hand-Leg Opposites alternating 5s holds  
ROM Stork Walk in Place