Push HIIT Super Power Circuit
45 min · Abs, Arms, Chest, Legs, Shoulders

Today we are going to work with some push-based supersets laid out into four mini circuits. What's important today is that you maintain a steady, constant rhythm with each exercise, and avoid over resting. Give it your all!

Jumping Jacks
2 sets 30 secs 30 sec rest
Start out nice a lightly with these!

Air Squats
45 secs
No need to go too fast, just maintain a steady rhythm all the way through.

Bench Tricep Dips
45 secs
Don't allow your butt to touch the floor!

Air Squats
45 secs
No pausing, come on, you've got this!

Bench Tricep Dips
45 secs
Building up those arms!

Air Squats
45 secs
Almost onto your last round for these exercises!

Bench Tricep Dips
45 secs
The last round!
Dumbbell Lunges
45 secs
Drop nice and low with these lunges.

Dumbbell Squat Thrusters
45 secs
Immediately take that weight over head and push!

Dumbbell Lunges
45 secs

Dumbbell Squat Thrusters
45 secs
Immediatly take that weight over head and push!

Dumbbell Lunges
45 secs

Dumbbell Squat Thrusters
45 secs
Get ready for a 1-minute rest!

Dumbbell Floor Chest Press
45 secs
Push that weight up using your chest!

Keep going!
Ditch the weight and get straight into these!

Onto our final mini circuit!

Get some full squats here!
Knee Push-ups  
45 secs

Jump Squats  
45 secs

Knee Push-ups  
45 secs

Jump Squats  
45 secs

Knee Push-ups  
45 secs

Jump Squats  
45 secs

One these are done, rest and then smash the final exercise...

1:00 rest

Burpees

60 secs
Go non stop for the end of today!
**Jumping Jacks / Star Jumps**

Primary muscle group(s):
- Glutes & Hip Flexors, Quadriceps

Secondary:
- Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.

---

**Air Squats**

Primary muscle group(s):
- Quadriceps

Secondary:
- Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you’re sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.
Chair / Bench Tricep Dips

Primary muscle group(s):
Triceps

Secondary:
Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.
Lift up onto your hands and bring your hips forward.
Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.
Push back up but don't lock your elbows and repeat.

Air Squats

Primary muscle group(s):
Quadriceps

Secondary:
Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.
Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.
Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.
Chair / Bench Tricep Dips

Primary muscle group(s):
Triceps

Secondary:
Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.
Lift up onto your hands and bring your hips forward.
Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.
Push back up but don’t lock your elbows and repeat.

Air Squats

Primary muscle group(s):
Quadriceps

Secondary:
Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.
Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you’re sitting in a chair.
Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.
Chair / Bench Tricep Dips

Primary muscle group(s):
Triceps

Secondary:
Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.
Lift up onto your hands and bring your hips forward.
Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.
Push back up but don't lock your elbows and repeat.

Air Squats

Primary muscle group(s):
Quadriceps

Secondary:
Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.
Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you’re sitting in a chair.
Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.
**Chair / Bench Tricep Dips**

Primary muscle group(s):
- Triceps

Secondary:
- Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.
Lift up onto your hands and bring your hips forward.
Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.
Push back up but don’t lock your elbows and repeat.

**Dumbbell Lunges**

Primary muscle group(s):
- Glutes & Hip Flexors, Quadriceps

Secondary:
- Abs, Calves, Hamstrings

Holding a dumbbell in each hand, stand with your feet shoulder width apart.
Keep your shoulders back. And your back straight.
Take a long stride forward with your right leg. Your right foot should be in a position, that when you bend your right knee, your upper and lower leg form a 90 degree angle.
Slowly bend both your knees, to lower your hips until your left (rear) knee is just above the floor. Hold for a count of one.
Return to the start position by slowly straightening your legs and raising your body back to a standing position.
Complete all the repetitions for one set full set, then switch legs, or you can alternate between legs for each rep.

⚠️ Do not let your knee travel past your toes in the down position as this can cause instability and injury.
**Dumbbell Squat Thrusters / Squat to Overhead Press**

Primary muscle group(s):
Quadriiceps, Shoulders

Secondary:
Abs, Glutes & Hip Flexors, Hamstrings, Neck & Upper Traps, Triceps

Stand with your feet shoulder-width apart with dumbbells above your shoulders.
Squat down keeping your back flat and your knees over your toes.
Push through your heels to return to standing while pressing the dumbbells overhead
with arms fully extended.
Return to starting position and repeat.

**Dumbbell Lunges**

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings

Holding a dumbbell in each hand, stand with your feet shoulder width apart.
Keep your shoulders back. And your back straight.
Take a long stride forward with your right leg. Your right foot should be in a position,
that when you bend your right knee, your upper and lower leg form a 90 degree angle.
Slowly bend both your knees, to lower your hips until your left (rear) knee is just above
the floor. Hold for a count of one.
Return to the start position by slowly straightening your legs and raising your body
back to a standing position.
Complete all the repetitions for one set full set, then switch legs, or you can alternate
between legs for each rep.

⚠️ Do not let your knee travel past your toes in the down position as this can cause
instability and injury.
Dumbbell Squat Thrusters / Squat to Overhead Press

Primary muscle group(s):
Quadriceps, Shoulders

Secondary:
Abs, Glutes & Hip Flexors, Hamstrings, Neck & Upper Traps, Triceps

Stand with your feet shoulder-width apart with dumbbells above your shoulders.
Squat down keeping your back flat and your knees over your toes.
Push through your heels to return to standing while pressing the dumbbells overhead with arms fully extended.
Return to starting position and repeat.

Dumbbell Lunges

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings

Holding a dumbbell in each hand, stand with your feet shoulder width apart.
Keep your shoulders back. And your back straight.
Take a long stride forward with your right leg. Your right foot should be in a position, that when you bend your right knee, your upper and lower leg form a 90 degree angle.
Slowly bend both your knees, to lower your hips until your left (rear) knee is just above the floor. Hold for a count of one.
Return to the start position by slowly straightening your legs and raising your body back to a standing position.
Complete all the repetitions for one set full set, then switch legs, or you can alternate between legs for each rep.

⚠️ Do not let your knee travel past your toes in the down position as this can cause instability and injury.
**Dumbbell Squat Thrusters / Squat to Overhead Press**

Primary muscle group(s):
Quadriceps, Shoulders

Secondary:
Abs, Glutes & Hip Flexors, Hamstrings, Neck & Upper Traps, Triceps

Stand with your feet shoulder-width apart with dumbbells above your shoulders. Squat down keeping your back flat and your knees over your toes. Push through your heels to return to standing while pressing the dumbbells overhead with arms fully extended. Return to starting position and repeat.

**Dumbbell Lunges**

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings

Holding a dumbbell in each hand, stand with your feet shoulder width apart. Keep your shoulders back. And your back straight.

Take a long stride forward with your right leg. Your right foot should be in a position, that when you bend your right knee, your upper and lower leg form a 90 degree angle. Slowly bend both your knees, to lower your hips until your left (rear) knee is just above the floor. Hold for a count of one.

Return to the start position by slowly straightening your legs and raising your body back to a standing position.

Complete all the repetitions for one set full set, then switch legs, or you can alternate between legs for each rep.

⚠️ Do not let your knee travel past your toes in the down position as this can cause instability and injury.
Dumbbell Squat Thrusters / Squat to Overhead Press

Primary muscle group(s):
- Quadriceps, Shoulders

Secondary:
- Abs, Glutes & Hip Flexors, Hamstrings, Neck & Upper Traps, Triceps

Stand with your feet shoulder-width apart with dumbbells above your shoulders.
Squat down keeping your back flat and your knees over your toes.
Push through your heels to return to standing while pressing the dumbbells overhead with arms fully extended.
Return to starting position and repeat.

Dumbbell Floor Chest Press

Primary muscle group(s):
- Chest

Secondary:
- Abs, Shoulders, Triceps

Place a pair of dumbbells on the floor. Lie on your back in between the dumbbells. Bend your knees and move your feet towards your butt.
Grab the dumbbells and hold them above you. Allow your upper arms to remain on the floor. Begin the movement by pushing the dumbbells over your chest. Pause at the top and squeeze your chest muscles.
Slowly bring the weights down to the starting position, allowing your arms to rest for a brief moment before beginning the next repetition.
**Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches**

**Primary muscle group(s):**
Abs, Obliques

**Secondary:**
Glutes & Hip Flexors, Quadriceps

Lie flat on an exercise mat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor.

Place your hands lightly on the sides of your head.

Curl your torso upwards so your shoulders are slightly raised off the floor.

Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. This is the start position.

Slowly move your legs in a pedaling action as if you are riding a bicycle.

As you do so, exhale and bring your opposing elbow close to each knee by crunching to one side. Left elbow to right knee. Right elbow to left knee.

After each crunch, return to the start position inhaling as you do so.

Without pausing, repeat the movement to the other side.

Repeat without pausing for the desired number of repetitions to each side.

⚠️ Do not use your hands to pull your head and neck up during this exercise. Doing so may cause injury. Concentrate on a slow rhythmic cycle from side to side with perfect form for each repetition.

---

**Dumbbell Floor Chest Press**

**Primary muscle group(s):**
Chest

**Secondary:**
Abs, Shoulders, Triceps

Place a pair of dumbbells on the floor. Lie on your back in between the dumbbells. Bend your knees and move your feet towards your butt.

Grab the dumbbells and hold them above you. Allow your upper arms to remain on the floor. Begin the movement by pushing the dumbbells over your chest. Pause at the top and squeeze your chest muscles.

Slowly bring the weights down to the starting position, allowing your arms to rest for a brief moment before beginning the next repetition.
**Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches**

*Primary muscle group(s):*
Abs, Obliques

*Secondary:*
Glutes & Hip Flexors, Quadriceps

Lie flat on an exercise mat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor.

Place your hands lightly on the sides of your head.

Curl your torso upwards so your shoulders are slightly raised off the floor.

Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. This is the start position.

Slowly move your legs in a pedaling action as if you are riding a bicycle.

As you do so, exhale and bring your opposing elbow close to each knee by crunching to one side. Left elbow to right knee. Right elbow to left knee.

After each crunch, return to the start position inhaling as you do so.

Without pausing, repeat the movement to the other side.

Repeat without pausing for the desired number of repetitions to each side.

⚠️ Do not use your hands to pull your head and neck up during this exercise. Doing so may cause injury. Concentrate on a slow rhythmic cycle from side to side with perfect form for each repetition.

---

**Dumbbell Floor Chest Press**

*Primary muscle group(s):*
Chest

*Secondary:*
Abs, Shoulders, Triceps

Place a pair of dumbbells on the floor. Lie on your back in between the dumbbells. Bend your knees and move your feet towards your butt.

Grab the dumbbells and hold them above you. Allow your upper arms to remain on the floor. Begin the movement by pushing the dumbbells over your chest. Pause at the top and squeeze your chest muscles.

Slowly bring the weights down to the starting position, allowing your arms to rest for a brief moment before beginning the next repetition.
Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches

Primary muscle group(s):
Abs, Obliques

Secondary:
Glutes & Hip Flexors, Quadriceps

Lie flat on an exercise mat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor.

Place your hands lightly on the sides of your head.

Curl your torso upwards so your shoulders are slightly raised off the floor.

Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. This is the start position.

Slowly move your legs in a pedaling action as if you are riding a bicycle.

As you do so, exhale and bring your opposing elbow close to each knee by crunching to one side. Left elbow to right knee. Right elbow to left knee.

After each crunch, return to the start position inhaling as you do so.

Without pausing, repeat the movement to the other side.

Repeat without pausing for the desired number of repetitions to each side.

Do not use your hands to pull your head and neck up during this exercise. Doing so may cause injury. Concentrate on a slow rhythmic cycle from side to side with perfect form for each repetition.

Dumbbell Floor Chest Press

Primary muscle group(s):
Chest

Secondary:
Abs, Shoulders, Triceps

Place a pair of dumbbells on the floor. Lie on your back in between the dumbbells. Bend your knees and move your feet towards your butt.

Grab the dumbbells and hold them above you. Allow your upper arms to remain on the floor. Begin the movement by pushing the dumbbells over your chest. Pause at the top and squeeze your chest muscles.

Slowly bring the weights down to the starting position, allowing your arms to rest for a brief moment before beginning the next repetition.
**Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches**

Primary muscle group(s):
Abs, Obliques

Secondary:
Glutes & Hip Flexors, Quadriceps

Lie flat on an exercise mat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor.

Place your hands lightly on the sides of your head.

Curl your torso upwards so your shoulders are slightly raised off the floor.

Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. This is the start position.

Slowly move your legs in a pedaling action as if you are riding a bicycle.

As you do so, exhale and bring your opposing elbow close to each knee by crunching to one side. Left elbow to right knee. Right elbow to left knee.

After each crunch, return to the start position inhaling as you do so.

Without pausing, repeat the movement to the other side.

Repeat without pausing for the desired number of repetitions to each side.

⚠️ Do not use your hands to pull your head and neck up during this exercise. Doing so may cause injury. Concentrate on a slow rhythmic cycle from side to side with perfect form for each repetition.

---

**Modified / Knee Push-ups / Pushups**

Primary muscle group(s):
Chest

Secondary:
Abs, Shoulders, Triceps

Come to the ground on your knees. Tighten your core and maintain a flat back.

Position your hands on the ground in front of you, directly below your shoulders. Cross your feet in the back.

Lower your chest towards the ground. Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one.

Without locking your elbows, push yourself back to the starting position by straightening your arms.
Jump Squats

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Do not let your knees extend out beyond the level of your toes.

Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up of the floor with your quads.

At the same time extend our arms out above you.

Land with your knees slightly bent to absorb the impact.

Repeat

Modified / Knee Push-ups / Pushups

Primary muscle group(s):
Chest

Secondary:
Abs, Shoulders, Triceps

Come to the ground on your knees. Tighten your core and maintain a flat back.

Position your hands on the ground in front of you, directly below your shoulders. Cross your feet in the back.

Lower your chest towards the ground. Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one.

Without locking your elbows, push yourself back to the starting position by straightening your arms.
**Jump Squats**

Primary muscle group(s):
- Glutes & Hip Flexors, Quadriceps

Secondary:
- Abs, Calves, Hamstrings

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Do not let your knees extend out beyond the level of your toes.

Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up of the floor with your quads.

At the same time extend our arms out above you.

Land with your knees slightly bent to absorb the impact.

Repeat

**Modified / Knee Push-ups / Pushups**

Primary muscle group(s):
- Chest

Secondary:
- Abs, Shoulders, Triceps

Come to the ground on your knees. Tighten your core and maintain a flat back.

Position your hands on the ground in front of you, directly below your shoulders. Cross your feet in the back.

Lower your chest towards the ground. Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one.

Without locking your elbows, push yourself back to the starting position by straightening your arms.
Jump Squats

Primary muscle group(s):  
Glutes & Hip Flexors, Quadriceps

Secondary:  
Abs, Calves, Hamstrings

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Do not let your knees extend out beyond the level of your toes.

Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up of the floor with your quads.

At the same time extend our arms out above you.

Land with your knees slightly bent to absorb the impact.

Repeat

Modified / Knee Push-ups / Pushups

Primary muscle group(s):  
Chest

Secondary:  
Abs, Shoulders, Triceps

Come to the ground on your knees. Tighten your core and maintain a flat back.

Position your hands on the ground in front of you, directly below your shoulders. Cross your feet in the back.

Lower your chest towards the ground. Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one.

Without locking your elbows, push yourself back to the starting position by straightening your arms.
**Jump Squats**

**Primary muscle group(s):**
Glutes & Hip Flexors, Quadriceps

**Secondary:**
Abs, Calves, Hamstrings

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Do not let your knees extend out beyond the level of your toes.

Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up of the floor with your quads.

At the same time extend our arms out above you.

Land with your knees slightly bent to absorb the impact.

Repeat
Burpees / Squat Thrusts

Primary muscle group(s):
Abs, Glutes & Hip Flexors

Secondary:
Chest, Shoulders

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position.
Repeat.