**HIIT: Resistance Band Fat Burn For Time**
14 min · Abs, Arms, Legs, Shoulders

Complete this workout as fast as you can with minimal rest!

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15 reps per leg.

50 lefts and 50 rights

15 reps per leg.

Burn!
Donkey Kicks

Primary muscle group(s):
Glutes & Hip Flexors

Secondary:
Abs

Position yourself on all fours on a mat.
Position your hands underneath your shoulders and place your knees under your hips.
Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.
Lower the knee without touching the floor and repeat the lift.
Once you've completed the reps on the right leg, switch legs.

Shadow Boxing

Primary muscle group(s):
Abs, Biceps, Shoulders, Triceps

Secondary:
Calves, Glutes & Hip Flexors, Lower Back, Quadriceps, Shoulders, Triceps

Stand tall with a tight core. Keep your gaze straight ahead. Bring your hands up to shoulder level. Make a tight fist with the thumb on the outside of your hand. Do not wrap your fingers around your thumb.

Begin in a left lead stance. Your left foot should be in front. Your right foot should be behind. Throw a left lead jab by extending your left hand straight out in front of you and immediately retracting.

Follow up the left jab with a right cross. Twist your foot and drive your right hip forward as you throw a straight punch with your back right hand. Alternate these two punches. Switch sides when finished with the prescribed repetitions.
Resistance Band Lying Leg Extensions

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

Secondary:
Calves

Lay down on an exercise mat with your feet flat on the floor and your knees pointing upwards bent at a 90 degree angle.

Lift one knee towards your chest and, holding the resistance band in both hands, loop the centre around the base of your foot.

Contract your glutes and extend your leg outwards at 45 degree angle until your knee is almost straight.

Hold this extended position for 1 second before allowing your leg to be pulled back into its starting position.

⚠️ Do not perform if you suffer from hypertension.

Front Kicks

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Abs, Calves, Glutes & Hip Flexors

Stand with a tight core and flat back. Stagger your feet just a little so that your left foot is in front and your right front is behind you.

Bend your elbows and bring your closed hands to your chin, mimicking a traditional boxing stance.

Begin by extending your right leg up, leading with your knee.

Next, extend your foot out. Immediately, retract it back to the starting position.

Repeat on the other side.
**Resistance Band Glute Bridges**

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

**Secondary:**  
Quadriceps

Lay down on an exercise mat with your feet flat on the floor and your knees pointing upwards bent at a 90 degree angle.

Place a resistance band across your hips and pin it down to the ground using your hands at either side.

Raise your hips upwards until a straight line is formed from your knees to your shoulders.

Hold this extended position for 1 second before slowly lowering your hips down to the starting position.

⚠️ Do not perform if you suffer from hypertension.

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**Snap Jumps**

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

**Secondary:**  
Calves, Hamstrings, Quadriceps, Shoulders

Lie face down on a padded surface. Place your hands beneath your shoulders and make sure your feet are extended straight behind you. Push yourself up into a classical Push-Up position. Keep your hips are slightly elevated. Tighten your core.

Keeping your gaze straight, push off the ground with your feet. Bending your knees, allow your feet to come up near your hands.

Immediately, push off the ground again with your feet, extending your legs straight behind you once again to the starting position.