HIIT: Resistance Band Circuit
5 min · Abs, Back, Chest, Legs

Do your best to complete as many rounds as possible in 20 minutes, it's all yours!

- **Resistance Band Bent Over Rows**
  - 10 reps
  - 0:15 rest

- **High Knees**
  - 30 secs
  - 0:15 rest

- **Resistance Band Chest Press**
  - 10 reps
  - 0:15 rest

- **Butt Kicks**
  - 30 secs
  - 0:15 rest

- **Resistance Band Squats**
  - 10 reps
  - 0:15 rest

- **Jumping Jacks**
  - 30 secs
  - 0:15 rest
Resistance Band Bent Over Rows

Primary muscle group(s):
Middle Back / Lats
Secondary:
Abs, Biceps

Begin the movement by stepping on to a resistance band with your feet at shoulder-width, toes pointed slightly out.

Bend slightly at the knees and forward at the hips. Maintain a braced core and flat back throughout.

Leading with your elbows, pull the handles of the resistance band back, bringing your shoulder blades closer together. Hold this contraction and slowly release to the starting position.

High Knees / Front Knee Lifts / Run / Jog on the Spot

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

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!
**Resistance Band Chest Press**

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

**Secondary:**
- Abs, Shoulders, Triceps

Attach a resistance band to a door frame or other stable surface. The base of the band will come to the level of your knees/thighs. Holding each handle, turn away and walk forward. Take a left leg lead stance.

Brace your core as you slowly push the resistance bands in front of you. Do not lock out the elbows.

Slowly return to the starting position, focusing the tension in the chest. Once your elbows are at a 90 degree angle, pause and begin again.

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**Butt Kicks**

**Primary muscle group(s):**
- Hamstrings, Quadriceps

**Secondary:**
- Glutes & Hip Flexors

Standing tall with a tight core and flat back, you will begin the dynamic stretching exercise as if you were running in place. Keep the knees slightly bent at all times. Start slowly and work up to a faster speed.

Bring your left foot back and all the way up to the glutes. Return your left foot to the ground and repeat on the other side.

Continue this back and forth motion, keeping your arms swinging in motion.
**Resistance Band Squats**

**Primary muscle group(s):**  
Hamstrings, Quadriceps

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

Begin the movement by stepping on to a resistance band with your feet at shoulder-width, toes pointed slightly out.

Bring your hands to your shoulders, keeping the handles of the band behind your shoulders. Brace your core and keep your chest up.

Bend first at the knees then at the hips. Be sure to keep the chest up and abdominals tight. There should be no arch in your back.

Pause when your thighs are parallel with the floor, then slowly return to the starting position, feeling the tension from the band in your quadriceps.

**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.