Hey there! Today’s workout is going to blend a delightful combination of HIIT (High Intensity Interval Training) with some solid Resistance Work. Let’s churn through those Calories. The duration of this workout is around 45 minutes, don’t forget to read all exercise instructions!

**Jumping Jacks**
- 2 sets
- 40 secs
- 20 sec rest
Perform these at a medium pace, non stop, for 40 seconds.

**Shadow Boxing**
- 2 sets
- 40 secs
- 20 sec rest
Throw some left-right combos non stop for 2 x 40-second rounds!

**High Knees**
- 4 sets
- 40 secs
- 20 sec rest
HIIT! The interval pace for these is: 10 secs at a warm-up pace, 20 secs at a steady pace, then a 10 sec sprint!

**Bodyweight Sumo Squats**
- 4 sets
- 40 secs
- 20 sec rest
HIIT! Maintain a steady speed for the full 40 seconds. Aim to complete between 15 and 20 reps! Get low!

**Snap Jumps**
- 4 sets
- 40 reps
- 20 sec rest
HIIT! Maintain a steady speed for the full 40 seconds. Aim to complete between 15 and 20 reps!

**Lateral Shuffles**
- 4 sets
- 40 secs
- 20 sec rest
HIIT! Interval pace: 10 secs at a warm-up pace, 20 secs at a steady pace, then a 10 sec sprint!

**Jump Squats**
- 50 reps
Your goal is to complete these with absolutely minimal rest! Be sure to go into the full squat with every rep!

**Lunge Twists**
- 4 sets
- 12 reps
- 45 sec rest
RES! That’s 6 reps per leg please! Make sure you take a big step and twist into and across your front leg.

**Dumbbell Deadlifts**
- 4 sets
- 22 reps
- 45 sec rest
RES! Be sure to use a weight that really challenges you to hit 22 reps. Oh yeah... feel the burn!
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.

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.
**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!

**Bodyweight Sumo / Wide Stance Squats**

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

Secondary:
Hamstrings

Stand with your feet in a wide stance, with your toes slightly pointed outwards - like a sumo wrestler. Hold your hands together in front of your chest.
Keeping your back straight, lower your body towards the ground by bending your knees.
As you reach a fully squatting position (legs are bent at a 90-degree angle), hold the pose for 1 second before driving your feet into the floor and slowly push your body back up to the starting position.
For a bonus, tense your glutes at the top of the movement.
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 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.

Side / Lateral Shuffles / Hops / Skaters

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Abs, Calves

Keep your core tight and back flat as you bend slightly forward.

Perform a small jump to the right. As you do, bring your left leg behind you and tap the ground. At the same time, bring your left arm in front of you.

Now, jump to the left, bringing your right leg behind you and your right arm in front of you.

Repeat the movement, alternating back and forth.
**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

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**Lunge Twists**

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

Secondary:
**Abs, Calves, Hamstrings**

Stand upright with a tight core and flat back. Extend arms to chest level in front of you while holding the weight.

Step forward with one leg. Front thigh should be parallel with the floor. Drop the back knee.

Rotate the torso towards the leg that stepped out while keeping arms extended. Push back up to the starting position.

💡 This exercise can be performed with a dumbbell or a plate weight.
Dumbbell Deadlifts

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

Secondary:
Abs, Calves, Hamstrings, Quadriceps

Place two dumbbells on the floor.
Stand facing the dumbbells with your feet shoulder width apart.
Bend knees and hips to lower your torso in a squatting movement, keep your back straight.
At the bottom of the squat grip the dumbbells with an overhand grip, keeping your arms fully extended.
Return to an upright position holding the dumbbells with your palms facing towards your body and extending your hips forward. Do not round your back.
Return the dumbbells to the floor in the same manner you picked them up.
Repeat.