

15-MINUTE HIIT Workout

Be sure to warm up before you begin and always perform proper form and technique.

DO EACH EXERCISE AT HIGH INTENSITY FOR 40 SECONDS FOLLOWED BY A 20 SECOND REST.

Plank Jacks

Wall Sit

Push-Up With Dumbbell Row

Crunch With Clap

Alternating Step-Up

Squat Jack

Triceps Dip

Plank Hold

High Knees

Plank Up-Downs

Mountain Climbers

Right Side Plank V-Up

Left Side Plank V-Up

Push-Up With Alternating Knee In

Alternating Front Lunge With Knee Up

Muscle soreness that lasts a few days is normal and can be expected. Consider it a reminder of what you've accomplished. A few minutes of gentle stretching after your workout will help to reduce soreness.

