



# HIIT / Plyometrics

2 Min Break each Round

## Workout 01

<b>FULLBODY / HIT</b>	<b>REPS</b>
Sides Lunges	15
<b>FULLBODY / HIT</b>	<b>REPS</b>
Push - ups	20
<b>FULLBODY / HIT</b>	<b>REPS</b>
Plyo Lunges	12
<b>FULLBODY / HIT</b>	<b>REPS</b>
Burpees	8
<b>FULLBODY / HIT</b>	<b>REPS</b>
Air Squats	10