

HIIT wk 7

Lower Body AMRAP

Activity	Sets x Reps
Squat Skips	10x
Drop Squats	10x
Single Leg Donkey kicks	10x
Run in place	30x (R/L)
Burpees	10x

AMRAP 5 minutes x 2

Jan: 3+ rounds

- 3 rounds

Core AMRAP

Activity	Sets x Reps
Push-Up	10x
Plank-ups	10x
Side Plank thrusts	10x each
Plank side/sides	10x
Burpees	10x

AMRAP 5 min x 2

Upper Body AMRAP

Activity	Sets x Reps
Down Dog Push up	10x
L/R push ups	10x
Pull ups	10x
Turkish Getups	10x

