

# HIIT WORKOUT

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Circuit 1			
Exercises	Set 1 (reps)	Set 2 (reps)	Set 3 (reps)
1.Burpees	5	5	
2.Front Squat Jump	5	5	
3.Wall Sit	N.A.	N.A.	

Circuit 2			
Exercises	Set 1 (reps)	Set 2 (reps)	Set 3 (reps)
1.Knee Pushups or pushups	6	6	
2.Mountain climbers	4	4	
3.Glute Bridges	10	10	

Circuit 3			
Exercises	Set 1 (reps)	Set 2 (reps)	Set 3 (reps)
1.Full Planck	N.A.	N.A.	
2.Jumping jacks	N.A.	N.A.	
3.Inchworm & taps	5 each side	5 each side	

### Important Instructions-

- Take rest of 1 min between each circuit and 2 min after completion of third circuit.
- Perform at least 2-3 rounds of complete circuits.
- Drink water if necessary.
- You may change the reps according to your strength.