

Hiit

Run on the spot	35s
Rest	25s
Jump and reach	35s
Rest	25s
Lunges	35s
Rest	25s
Star jumps	35s
Rest	25s
Plank	35s
Rest	25s
Lay on back crunches	35s
Rest	25s
Jump touch toes	35s
Rest	25s
Side step	35s
rest	25s
Rest for 1 minute	
ladder	35s
rest	25s
Run and duck	35s
rest	25s
crunch	35s
rest	25s
lunges	35s
rest	25s
Star jump	35s
rest	25s
Squat kicks	35s
rest	25s
crunch	35s
rest	25s
Side step	35s
Rest	25s
Push up	35s
Rest	25s
Ladder	35s

PE

3.30

~~PE~~

up = joy on the spot = 30 sec

rest 30 sec

joy on the spot again = 30 sec

straight into star jumps = 30 sec

rest 30 sec

sit ups = 20 sec

straight into press ups = 20 sec

rest = 20 sec

star jumps = 30 sec

rest 30 sec

burpees = 30 sec

~~rest 30 sec~~

repeat x2

lunge = 30 sec

rest = 30 sec

plank = 30 sec

rest = 30 sec

leg raises = 30

straight into open the gate = 30

call down

all of the muscles you've used.

open open the gate 1 min

close the gate 1 min

swing your arms in circles 1 min

cloner way 1 min.

My hit Session

Erin



Warm up

Neck twist (up, down / side to side)

walk, Jog, run

arm loops and shoulders

ankle twists

leg stretches

Hit

mountain climbers

plank

shuttle runs

Spotty dogs

Star jumps

Cool down

hands on head for 10 sec

leg noodle

Hold leg for 15 sec then switch

arm noodles

lunge (both legs)

childs pose

end

30 Jumping Jacks

30 sec rest

~~30 sec~~ Side hop's

30 sec rest

30 sec running

30 sec rest

30 sec walk

30 sec rest

~~30 sec~~

30 second butt kicks

rest (30 sec)

lunges (30 sec)

rest (30 sec)

Squats (30 sec)

High knees (30 sec)

30 rest

30 sec balance on one leg

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Warm up:

Jog on a spot for 30sec
rest for 30sec

Star jumps for 30 sec
rest for 30sec

Toe touches for 30 sec
rest for 30 sec

twist for 30 sec
rest for 30 sec

forward arm circles for 30sec
rest for 30sec

backward arm circles for 30 sec
rest for 30 sec

Work outs:

mountain runs for 30sec
rest for 30sec X2

air punches for 30 sec
rest for 30sec X2

Frog jumps for 30sec
rest for 30 sec X2

Sit ups for 30 sec
rest for 30 sec X2

jogging on a spot and pulling a rope for 30 sec
rest for 30sec X2

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Cool down:

Shoulder rolls for 30 sec

cross body Shoulder stretch 15 sec each arm

Wall stretch 30 sec each leg

toe touch touch down then curl up X3

Quad stretch 30 sec each leg

END...

Warm up 2 minutes

- Arm circles
- Side stretch
- Stomach stretch
- open the gate
- quad stretch
- ankle circles
- run on spot

Mountain climbers

Wall sits

8 activities
x 2 rounds
= 16 mins

Crunches

Spotty dogs

toe touches

Press up

Climb the ladder

Bunny hops

30 secs on / 30 off

or

40 on 40 off

Cool down 2 minutes

• Pigeon stretch/pose

Child's pose

• Glute stretch

Arm over head

AF

MW

MR

EM

EAR

EP

FE

PE

4/2/21

Hitt session

Warm up your body before starting any exercises. Stretch to get your heart rate up a bit.

star jumps - 30 seconds
rest - 30 seconds

mountain climbers - 30 seconds
rest - 30 seconds

high knees - 30 seconds
rest - 30 seconds

spotted dog - 30 seconds
rest - 30 seconds

plank - hold for 30 seconds
rest - 30 seconds

Complete this 2 more times.

Then you have to do a cool down. Stretch out your muscles. Then you are done.

HIIT 5 mins

30 secs star jumps

30 secs rest

30 secs side hops

30 secs rest

15 balance on right foot 15 secs balance on left foot

30 secs rest

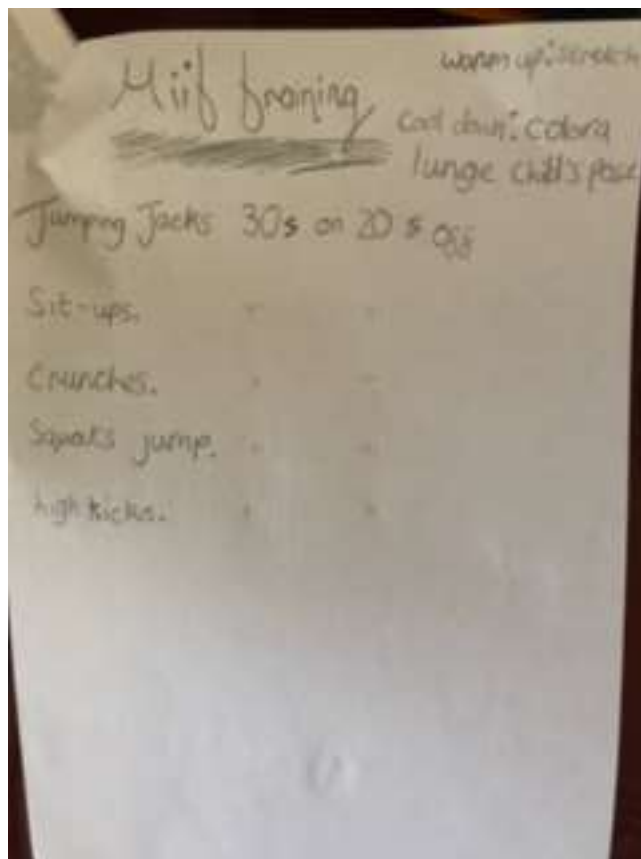
30 secs running

30 secs walking

15 secs hopping on right foot 15 secs hopping on left foot

30 secs press ups

By Kara



Here is my hiit workout. I did 40 seconds on 20 seconds off but it can be changed.

1. Squats
 2. mountain climbers
 3. plank hold
 4. high knees
 5. shuttle runs
 6. repeat as many times as wanted
- From Bella

S-W-C Friday 5th February - 2021 - Hiit lesson

Warm up

- 10 side to side leg lunges
- 10 forward lunges
- 10 arm raise up, and hold elbow

Hiit lesson

Repeat 4 X

- 1) Starjumps (30 secs on + off)
- 2) plank (30 secs on + off)
- 3) High knees (30 secs on + off)
- 4) Spotty dogs (30 secs on + off)
- 5) Mountain (Knees up + down climbers) (30 secs off + on)

Cool down

Cobra

torso twist

touch toes

hands on head

Sit down