



# Winter Workout Hiit

Work your way through the squares, completing each activity for 40 seconds with 20 second rest in between.

<b>WALK ON THE SPOT</b>	<b>JUMPING JACKS</b>	<b>PLANK</b>	<b>FROG JUMPS</b>
<b>WALL SIT</b>	<b>CRAZY DANCE</b>	<b>JUMP FROM SIDE TO SIDE</b>	<b>WALK ON THE SPOT</b>
<b>PLANK</b>	<b>SQUATS</b>	<b>JUMPING JACKS</b>	<b>LEFT LEG FORWARD LUNGE</b>
<b>RIGHT LEG FORWARD LUNGE</b>	<b>TOUCH TOES THEN STRETCH TO THE SKY</b>	<b>ARM CIRCLES</b>	<b>REPEAT...</b>