



HIIT Holiday Workout



Do the first set of exercises for 1 minute each. Rest 30 seconds, then do each exercise in the set again for 30 seconds. Rest 30 seconds, then move onto the next set. Finish with 2 minutes of stretching, for a total of 30 minutes.

 *Set 1* - Squats + Mountain Climbers

 *Set 2* - Alternating Backwards Lunges + Oblique Plank Twists

 *Set 3* - Lateral Jumps + Push Ups

 *Set 4* - Jumping Jacks + Plank Hold

 *Set 5* - Alternating Curtsy Lunges + Sit Ups

 *Set 6* - Plank Jacks + Bicycle Crunches

 *Set 7* - Jump Squats



+ Burpees



Foodie Loves Fitness

If you are new to exercising at high intensity or have any injuries, please consult your doctor before attempting any of these moves. Always work to YOUR fitness level and listen to your body! This is just meant to give you some ideas on things you can do to help reduce holiday stress not increase it!