



## HIIT (High Intensity Interval Training) Circuit

This is a high intensity workout using full body movements and bodyweight therefore no excuses!

### Benefits of HIIT Training

- Efficient way of training,
- Gets heart rate up,
- Burns calories fast,

### Circuit

Exercise	Sets	Reps	Rest
Jump Squats	3 / 4	15	60 / 90 seconds
Burpees	3 / 4	30 / 60 seconds	-
Mountain Climbers	3 / 4	30 / 60 seconds	-
Tuck Jumps	3 / 4	15	-

3 / 4 rounds with 60 / 90 seconds rest in-between!

### Benefits of each exercise:

Jump Squats - jumping gets the heart rate pounding, it takes a lot of power in the legs to have enough force to drive you up and to land back down, making them burn!

Burpees - Everyone loves burpees.. Not. But they are great for a full body workout, staying light on your feet using height and depth on these will make them harder.

Mountain Climbers is more core specific, stabilising the core , hips straight and going for speed will make this really effective for your mid section.

Tuck Jumps require a lot of power production. Bringing the knees up together to the chest will really finish off this circuit.

Give this a go! when you've finished see how you feel and tweet us with the hashtag **#LWLCircuit** for a chance to win some give aways!

Please comment and share this workout!

### #LeanTeam