

HITT-IT by Avi V.

Description & Equipment

This workout consists of 4 blocks:

- Every block is 10 mins long
- Each block has 4 exercises
- Complete 3 rounds of each block before moving to the next block.

The Workout

Please note that each round has its own timing

Round 1 is 40 sec of work 20 sec of rest

Round 2 is 30 sec of work 30 sec of rest

Round 3 is 20 sec of work 10 sec of rest

Block 1

1. Jumping Jacks
2. Drop Squats
3. Lunge to High Knee
4. Slow Climber

Block 2

1. Plank Row + Plank Jack
2. Bird Dog Push-up
3. 10 Mountain Climbers+ 2 Knee Push-up Ups
4. 10 High Knee + 1 Inch Worm

Block 3

1. Seal Jacks
2. Frog Squats
3. Burpee
4. Plank Arm Raises

Block 4

1. Leg Raises
2. Knee Ins/Outs
3. Partial Sit-Up
4. V-sit Hold

Make sure to stretch each main muscle group and any other areas of tension.

Please watch the videos on our Facebook Page to look at different modifications and options.

Let me know in the comments on Facebook what you think about this workout.
Go team !!