

HIIT-IT Workout – Dirty Dozen

By Katherine Ricica

12 exercise circuit, no rest between exercises
12 reps each
repeat the entire sequence 3 (or more) times
1:20 rest in between circuits

1. Jump Squats
2. Push Ups
3. High Knees
4. Squats
5. Burpees
6. Alternating Lunges
7. Mountain Climbers
8. Bicycle Crunches
9. Jumping Lunges
10. Knee Tucks
11. Plank
12. Squat Hold with Front Punches

Rest 1:00-1:20. Repeat.