

## HIIT Cardio Circuit – May 8<sup>th</sup> 2020

This circuit contains 10 exercises, 20 seconds of work, 10 seconds of rest, repeat each exercise 3 times before moving on to the next exercise

### Exercises

- Pop Squats
- Reverse Lunge with Knee Lift
- Russian Twist
- Pushups
- Lateral Steps
- Split Squat Pulse (Right Leg Forward)
- Split Squat Pulse (Left Leg Forward)
- Plank Jacks
- Squat Hold + Kickout
- Jumping Jacks

### Disclaimer

*Please remember, it is advised that you or any of your family members that may also be joining this class, consult your physician before starting any exercise program, especially if you have any known medical conditions or are pregnant. If you experience any dizziness or feel faint*

*during this class, please stop immediately. We are not able to assume liability for any incident or injury. Prior to participating in a this session, and to make an informed decision on whether you should seek advice from a qualified exercise professional or health care provider, consult the "Get Active Questionnaire of the Canadian Society of Exercise Physiology and its reference document. Simply click on the links below.*

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