

HIIT 100 WORKOUTS

LEG DESTRUCTION - REPEAT 2-3 TIMES

100 SQUATS

90 LUNGES (45 EACH LEG)

80 MOUNTAIN CLIMBERS

70 SUMO SQUATS

60 CALF RAISES

50 GLUTE BRIDGES

40 CURTSY LUNGES (EACH LEG)

30 STEP UPS (EACH LEG)

20 SQUAT JUMPS

10 BURPEES

CARDIO - REPEAT 2 TIMES

100 JUMPING JACKS

90 CRUNCHES

80 SQUATS

70 LEG LIFTS

60 JUMPING JACKS

50 CRUNCHES

40 SQUATS

30 LEG LIFTS

20 JUMPING JACKS

10 MINUTE RUN