



# YEG FITNESS

## HIIT WORKOUT MARLEE CHRYSIAN

### 1 WARM UP: 6 MINUTES

30 SECONDS PER EXERCISE, TWO ROUNDS, NO REST BETWEEN MOVES OR ROUNDS. TOTAL OF 5 MINUTES. FOR MOBILITY.

SQUAT W/HIP OPENERS  
LATERAL LUNGES  
ALTERNATING SIDE PLANK  
PUSH-UP TO DOWNWARD DOG  
PLANK BIRD DOG

### 2 POWER HIIT: 12 MINUTES

30 SECONDS PER EXERCISE WITH THE SAME TWO 15 SECOND EXERCISES IN BETWEEN EACH 30 SECOND EXERCISE.

30 SECOND EXERCISES (SETS 1 & 2)

WALL SIT W/MB SQUEEZE  
COMMANDO BURPEES  
DB BICYCLES

(IN BETWEEN EXERCISES 15 SECONDS)

JUMP SQUAT TO JUMP LUNGE  
HALF JACKKNIVES

### 3 TIMED INTERVALS: 12 MINUTES

45 SECONDS PER EXERCISE. NO REST BETWEEN EXERCISES, 60 SECOND REST BETWEEN SETS. 2 SETS (4.5 MINUTES EACH). LEG VS. ARMS FOCUS.

SQUAT W/PRESS  
LEG ABDUCTIONS LEFT  
ALTERNATING REVERSE LUNGE W/BICEP CURL  
LEG ABDUCTIONS RIGHT  
BEAR CRAWL

PUSH-UP W/ QUAD PRESS

### 4 TABATA: 15 MINUTES

20 SECONDS ON, 10 SECONDS OFF. ROTATE BETWEEN THE TWO MOVES IN EACH SET UNTIL BOTH HAVE BEEN DONE 4 TIMES EACH. REST 1 MINUTE BEFORE NEXT SET. TOTAL OF 4 MINUTES PER SET. FULL BODY WITH A FOCUS ON CORE AND CARDIO.

BURPEE W/CLEAN  
MB SLAM RUSSIAN TWISTS  
HIGH KNEES  
PLANK W/DIPS  
JUMP SQUAT 180  
KNEE TUCK W/LIFT