

HIIT FULL BODY CIRCUIT 01



TEMPLE
GUTS & GLORY

SCULPTING
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PROGRAM

30 minute Full Body Circuit: 4 rounds /15 sec rest between each exercise/ 45 sec recover between each round

1. 30 sec burpees (no push up)
2. 30 sec elbow plank (regress to hands as muscles fatigue)
3. 30 sec squat jump
4. 30 sec oblique Russian twists
5. 1 minute jump rope (or high knees)
6. 30 sec push ups (regress to knees as muscles fatigue)

BODY INTEL

Here's what parts of your body you're targeting with each exercise respectively:

1. Abs, triceps, shoulders, legs
2. Shoulders, abs, quads
3. Quads, hamstrings, glutes,
4. Oblique Abs
5. Shoulders, Abs, Calves OR Lower Abs, Quad, Upper Glute
6. Chest, Shoulders, Abs

"Sculpting" is a workout series of complimentary circuits, exercises and activity programs to assist and inspire your physical fitness routines. These workout series include gym , strength training, stretching/yoga, HIIT, cardio/weight-loss, and at-home plans.

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