

6 HIIT EXERCISES TO KEEP YOU MOVING AT HOME OR IN THE OFFICE

*20-30 seconds of each exercise below. Repeat 3-5x



1

BODY WEIGHT SQUATS

- Stand with feet shoulder distance apart
- With chest lifted, sit down and back, keeping the weight in your heels



2

JUMPING JACKS

- Jump both feet out at the same time as you raise your arms overhead
- Jump feet back together and return arms to your sides



3

PUSH-UPS

- Start in plank position with hands in line with your shoulders
- Lower to the ground, bending your elbows to 90°
- Exhale as you press back up to starting position
- If needed, do these from your knees



4

BICYCLES

- Lay on your back, with hands behind your head, feet off the ground, and knees bent at 90 degrees
- Bring your opposite elbow to opposite knee as you extend the other leg straight
- Switch sides



5

GLUTE BRIDGES

- Lay on your back with arms by your sides, feet flat on the floor, and fingertips in line with your heels
- Driving through your heels, squeeze your glutes and elevate your hips. Hold for 2 seconds, then lower the hips back to starting position.



6

MOUNTAIN CLIMBERS

- Start in plank position on hands and feet
- Drive one knee straight in towards your chest, then switch sides