

Club LYL January Workouts

Hump Day HIIT

Repeat Each Circuit 8 Times!

Circuit I:

Alternating Lunges - 20 seconds

REST - 10 seconds

Explosive Jumps - 20 seconds

REST - 10 seconds

Circuit II:

Step-Ups - 20 seconds

REST - 10 seconds

Speed Skaters - 20 seconds

REST - 10 seconds

Circuit III:

Plank Walk Outs - 20 seconds

REST - 10 seconds

Jogging High Knees - 20 seconds

Circuit IV:

Bicycle Crunches - 20 seconds

REST - 10 seconds

Jumping Jacks w/ Punch - 20 seconds

REST - 10 seconds