

## 2020 Reset: Workout #10

### 20 Minute HIIT workout

- Two 4-exercise circuits, complete one circuit twice, rest, then complete the second circuit twice
- 45 seconds work: 15 seconds rest, with 1 full minute of recovery halfway through
- Work as hard as you can for the 45 seconds WITH GOOD FORM. Modify the exercises as needed so you don't hurt yourself

For intervals I use the free app Interval Timer. I have learned to set up the different circuits with different colors so I have a visual cue of when to move on. If you download this app, I've attached a screenshot of what it looks like when you set it up. The 6- minute cool down is just off the screen.

Full-body warmup, then:

1. **Circuit 1: 45 seconds work, 15 seconds rest**
  - a. Bear Crawls
  - b. Rear Foot Elevated Split Squats
  - c. Heisman's - 3 side steps and crunch
  - d. W Pushupsrest
2. **Circuit 2: 45 seconds work, 15 seconds rest**
  - a. Running Woman
  - b. Inchworms
  - c. Curtsy - Goddess-Curtsy
  - d. 3-legged dog => plank with knee to outside elbowRest

Hip-centric Finisher: 20 seconds each exercise with yellow band above knees

R side: Clamshells => parallel leg lifts => small knee circles => teeter totter => side plank

Back: safer crunches, reverse crunch, single leg bridge R/L, Bridge

L side: Clamshells => parallel leg lifts => small knee circles => teeter totter => side plank

Stretch

45:15 is a 3:1 work:rest ratio. You could of course change your ratio. You want to be able to work hard every time the timer dings. If you need more recovery, you can shorten the work phase and/or lengthen the rest phase. So keeping each element at a minute long:

40:20 is 2:1 (working a little less and resting a little more)

30:30 would be 1:1 (resting a little more)

