

2020 Reset: Workout #5

20 Minute HIIT workout

- This is a 9-exercise circuit to be completed 2x through.
- 40 seconds work: 20 seconds rest, with 1 full minute of recovery halfway through
- Work as hard as you can for the 40 seconds WITH GOOD FORM

Full-body warmup, then:

1. **Hopscotch** with mini-band around ankles
Alternative: high impact, low impact, banded side steps
2. **Hip Hinge/Deadlift + 2-arm banded row** (use flat band)
Alternative: Single leg deadlift + row, R first round, L second round, use DB instead of a band
3. **Forward and Reverse Lunges**, both sides
Alternative: add hand weights
4. **Hay Balers**: mini-band around wrists, reach down to ankle then pivot up to the ceiling, R first round, L second round
5. **Plank Hold**
Alternative: any plank variation: hand taps, shoulder taps, leg lifts....
6. **Curtsy Lunge, side to side**
Alternative: add a yoga "goddess" pose between lunges
7. **Bear Crawl Rebounds**: 3-4 steps forward and reverse
Alternative: crab walk (same idea but face-up)
8. **Squat 5x, Hold 5-count**
Alternative: Squat Jump 5x
9. **Shuttle run**
Pick up and put down objects at each end, lowering and lifting yourself with your legs.
10. **Recover - step touch, grapevine, grab some water....**

Cooldown and stretch

ADJUST the exercises to match your fitness level and ability

ADJUST the sets/reps/duration to match the amount of time and energy you have. Your form is more important than anything else

Remember: One set of anything is better than no set at all!

Some goals you can shoot for to gauge your progress as you are getting back into fitness:

Plank hold: 1 minute or longer

Side Plank: 30 seconds or longer on each side

Single leg balance, knee lifted to hip height: 30 seconds with eyes open, 10 seconds with eyes closed (that's really hard!)