



## On the Spot HIIT at Home

Use the video on the website to preview the exercises below.

Then perform the following HIIT Circuit twice a week.

**12's** = 20 seconds on 30 seconds off. Complete 2 rounds

**13-15's** = 30 seconds on 30 seconds off. Complete 2 rounds

**Metro Teams** = 30 seconds on = 20 seconds off. Complete 3 rounds

### EXERCISES

OTS Run

Jumping Jacks

Fast feet to High Knees

Burpees

Squat to Squat Jump

Squat to Star Jump

Jacks to Diagonal Jacks

Prone Jacks

Slide to VJ

Straight Leg Run

Vertical Mountain Climbers

FF Ins and Outs

Hopscotch