

# TOTAL BEGINNER HIIT

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## WARM UP

March in place: 30 seconds

Arm swings: 30 seconds

Repeat once

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## LET'S DO THIS

Jumping jacks: 30 seconds

Rest: 15 seconds

Jog in place: 30 seconds

Rest: 15 seconds

Squats: 30 seconds

Rest: 15 seconds

Wall pushups: 30 seconds

Rest: 15 seconds

Boxing jabs: 30 seconds

Rest: 15 seconds

Repeat once. Repeat twice for added challenge

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## COOL DOWN

Walk/march in place for 1-2 minutes