

# FAT TORCHING 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

High knees: 45 seconds

Rest: 15 seconds

Jumping jacks: 45 seconds

Rest: 15 seconds

Squat jumps: 45 seconds

Rest: 15 seconds

Mountain climbers: 45 seconds

Rest: 15 seconds

Speed skaters: 45 seconds

Rest: 15 seconds

Walking lunges: 45 seconds

Rest: 15 seconds

Repeat once

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## COOL DOWN

Walk/march in place for 1-2 minutes