

The Celebrating-Freedom-With-HIIT Workout

30 sec. High Knees (or 40-50 yd Sprint)

20 sec. rest

30 sec. Speed Squats

20 sec. rest

30 sec. Jump Rope (or Jumping Jacks)

20 sec. rest

30 sec. Push-ups (on knees or bench, if needed)

20 sec. rest

30 sec. Ladder Drills (or Mountain Climbers)

20 sec. rest (1 minute rest in between rounds -- IF you need it)

Repeat in accordance with your fitness level or available time:

Beginner: 3 rounds ≈ 12-15 minutes

Intermediate: 4 rounds ≈ 16-19 minutes

Advanced: 5 rounds ≈ 20-23 minutes

