



# At Home HIIT Workout

Jumping Jacks

Tricep Dips

Wall Sit

Plank

High Knees/Running in Place

Crunches

Push-Ups

Chair Step-Ups

Push-Up Rotations

Squats

Lunges

Side Plank

Unable to make it to the gym? No need to stress about missing out on a workout when you can do this quick 7 - 21 minute at home HIIT workout!

Do each exercise at **high intensity** for 30 seconds. Rest for 10 seconds in between if needed. Repeat the entire circuit up to 3 times.