**April 2019 – HITT**

**Full Body Body & Abs Blast Workout**



**Warm-up - 30sec Work x 2 Sets**

* Fast heel kick backs on spot
* Side Lunges L-R, stand tall in-between
* Squat Reaches
* Low reverse lunge up to high knee lifts L & R

**30sec Work – 30sec Rest x 3 Sets**

* Fast, High Knee March, opposite elbows to knees
* Star Jumps, arms over head OR fast side L-R lunges
* Parallel Squats, Thighs parallel with floor
* Box Push-ups or on toes
* Slow Motion Burpees, hands on floor step back, step in, stand up and repeat, or full Burpees
* Fast Jog on the spot
* Alternative leg on each set – Reverse Lunge bring knee up high touching with hands (**DO** 4 sets)

**Abs Blast –**

**30sec Work – 30sec Rest x 2 Sets**

* Sit ups feet on floor
* Sit Ups lifting knee to opposite elbow alternate L-R
* Knees to chest – Arms on floor, shoulders stay off
* Twisting Sit-ups, alternate L-R
* Reach over’s feet on or off floor, hands come down to floor
* Straight Leg Reach-ups off the floor
* Forearm Plank Knee to elbows on knees or toes