

Core, Abs & Cardio HIIT

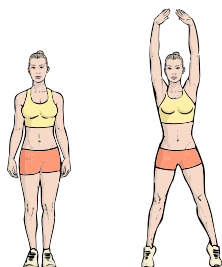
25 min · Calves, Glutes, Upper Back, Abs, Chest, Legs, Shoulders, Yoga

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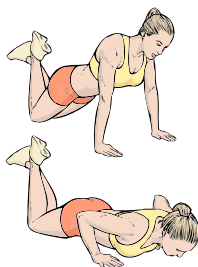
Welcome! This routine is from my personal practice. I work out regularly but I'm not a fitness professional, proceed at your own discretion. Start slow, listen to your body, and consult your doctor if needed. Adjust the intensity based on your capacity. Scroll down for detailed instr.

Jumping Jacks



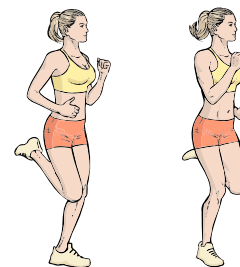
1 sets **30** secs **30** sec rest

Knee Push-ups



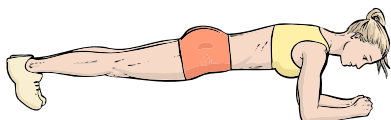
1 sets **30** secs **30** sec rest

Butt Kicks



1 sets **30** secs **30** sec rest

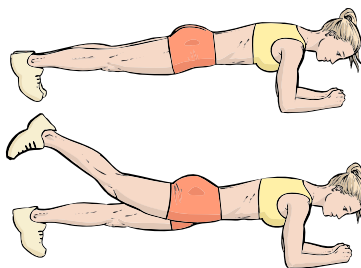
Plank



1 sets **30** secs

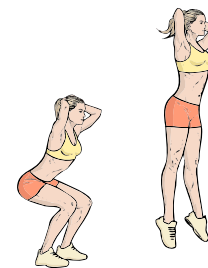
Continue directly into plank with leg lifts.

Plank Leg Lifts



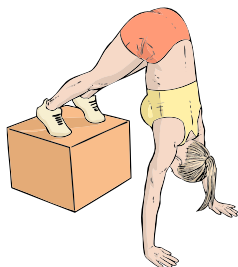
1 sets **30** secs **30** sec rest

Jump Squats



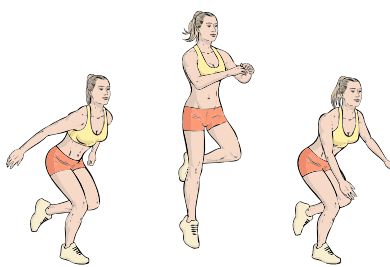
1 sets **30** secs **30** sec rest

Box Pike Holds



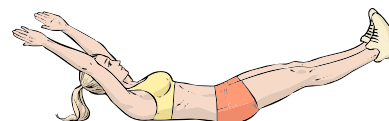
1 sets **30** secs **30** sec rest

Single Leg Hops



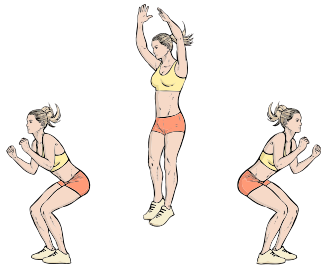
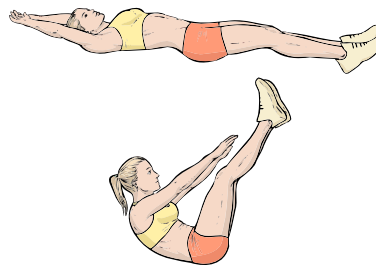
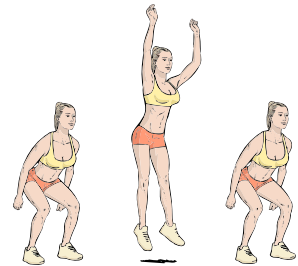
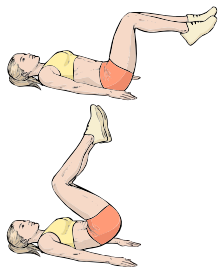
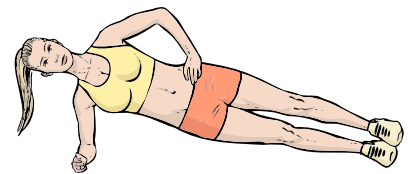
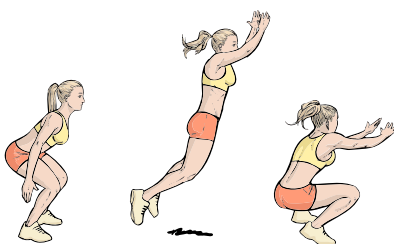
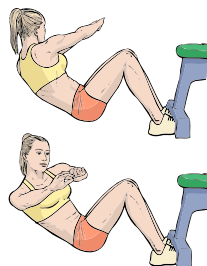
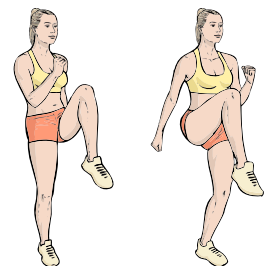
1 sets **30** secs **30** sec rest

Hollow Body Rock Hold



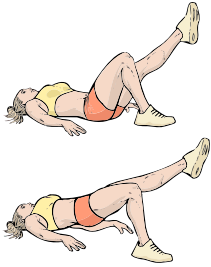
1 sets **30** secs **30** sec rest



**Twisting Jump Squats****1 sets 30 secs 30 sec rest****Jackknife Sit-up****1 sets 30 secs 30 sec rest****Side to Side Jump Squats****1 sets 30 secs 30 sec rest****Reverse Crunch****1 sets 30 secs 30 sec rest****Lateral Shuffles****1 sets 30 secs 30 sec rest****Side Plank****1 sets 30 secs 30 sec rest****Standing Long Jumps****1 sets 30 secs 30 sec rest****Russian Twists****1 sets 30 secs 30 sec rest****High Knees****1 sets 30 secs 30 sec rest**

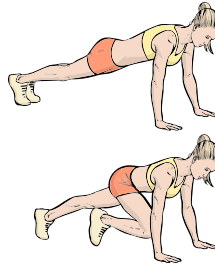


Single Leg Hip Raises



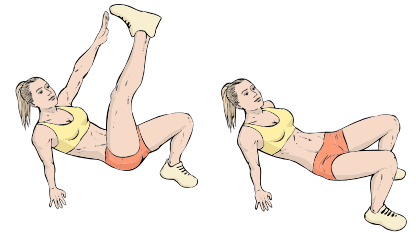
1 sets 30 secs 30 sec rest

Mountain Climbers



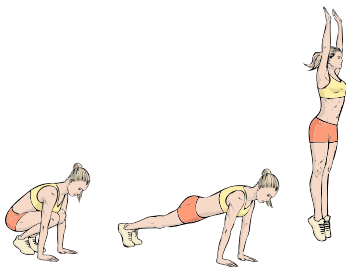
1 sets 30 secs 30 sec rest

Crab Toe Touches



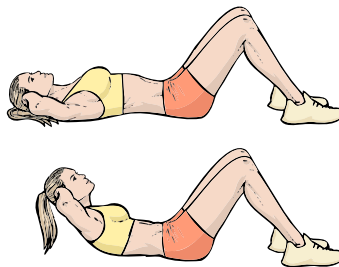
1 sets 30 secs 30 sec rest

Burpees

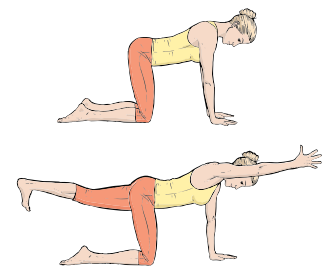


1 sets 30 secs 30 sec rest

Crunches



1 sets 30 secs 30 sec rest

Balancing Table · Dandayamna
Bharmanasana

5 breaths

Draw belly toward spine · Broaden
shoulder blades · Flex top foot · Keep top
leg, torso and top arm in one ...

Jumping Jacks / Star Jumps

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings, Shoulders


Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

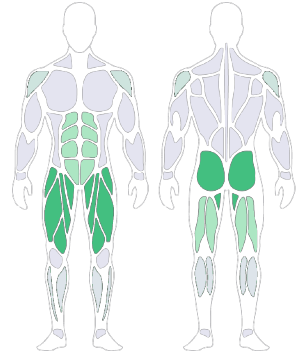
Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

 This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.



Modified / Knee Push-ups / Pushups

Primary muscle group(s):

Chest

Secondary:

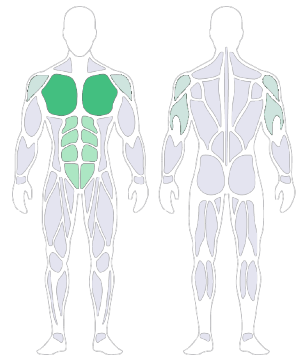
Abs, Shoulders, Triceps

Come to the ground on your knees. Tighten your core and maintain a flat back.

Position your hands on the ground in front of you, directly below your shoulders. Cross your feet in the back.

Lower your chest towards the ground. Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one.

Without locking your elbows, push yourself back to the starting position by straightening your arms.



Butt Kicks

Primary muscle group(s):

Hamstrings, Quadriceps

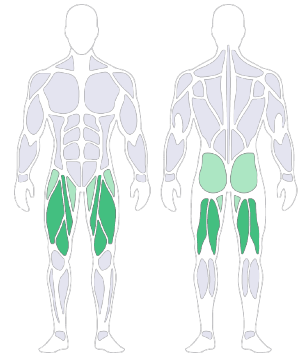
Secondary:

Glutes & Hip Flexors

Standing tall with a tight core and flat back, you will begin the dynamic stretching exercise as if you were running in place. Keep the knees slightly bent at all times. Start slowly and work up to a faster speed.

Bring your left foot back and all the way up to the glutes. Return your left foot to the ground and repeat on the other side.

Continue this back and forth motion, keeping your arms swinging in motion.



Plank

Primary muscle group(s):

Abs

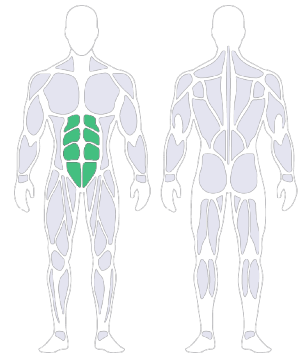
Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.

Extend your legs straight out behind you, supporting them on your toes and balls of your feet.

Keep your body in a straight line by tightening your abdominal and oblique muscles.

Hold for as long as possible.

 For extra balance training and core strengthening, you can lift one arm or leg.



Plank Leg Lifts

Primary muscle group(s):

Abs

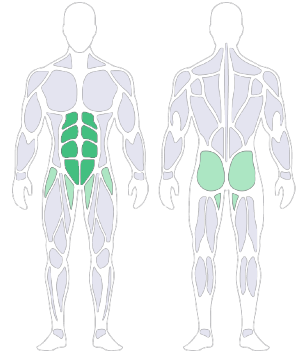
Secondary:

Glutes & Hip Flexors

Lie on a mat and position yourself in a plank position. Place your elbows on the floor beneath your shoulders. Your toes should touch the floor and your torso should be lifted in a straight line.

Engage your core muscles and lift one foot off the floor. Keep the rest of your body as still as you can. Your heel should lift until it is in line with your buttocks.

Slowly lower the leg to the starting position and repeat with the other leg.



Jump Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Do not let your knees extend out beyond the level of your toes.

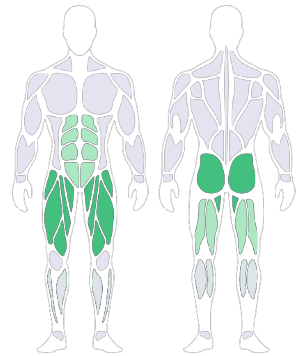
Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up of the floor with your quads.

At the same time extend our arms out above you.

Land with your knees slightly bent to absorb the impact.

Repeat



Box Pike Holds

Primary muscle group(s):

Shoulders, Upper Back & Lower Traps

Secondary:

Middle Back / Lats

Begin by placing an exercise box in position firmly on the ground.

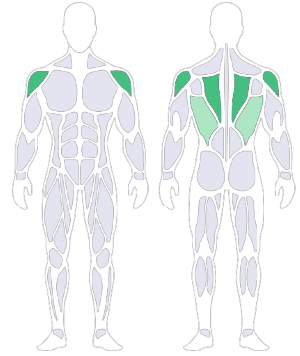
Get into a push-up position, with the soles of your feet against the side of the box.

One at a time, place each foot on top of the box to assume a decline push-up position.

Walking backwards with your hands, begin to drive your glutes upwards.

Keeping your back engaged, and your arms straight, aim to reach the hold position in which your upper body is fully vertical.

Hold this position for the designated time.



Single / One Leg Hops / Jumps

Primary muscle group(s):

Calves, Glutes & Hip Flexors

Secondary:

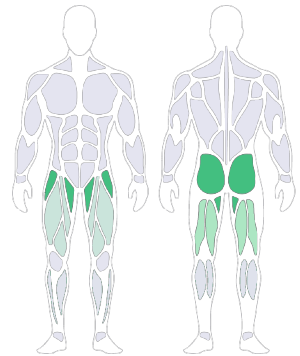
Hamstrings, Quadriceps

Stand with your feet at shoulder width apart and lift your left leg off the floor, pointing it behind you.

Bent your right knee slightly and then push through the floor explosively to allow your body to hop from the ground.

As you land, be sure to cushion the impact by once again bending your right knee.

Repeat for the designated number of reps before changing sides.



Hollow Body Rock Hold

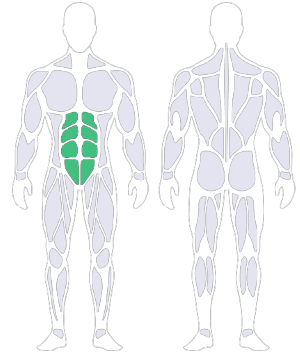
Primary muscle group(s):

Abs

Lie down on a padded surface. Have your arms extended above your head with your feet straight out in front of you. Point the toes down and forward.

Begin the movement by contracting the core. Simultaneously, move the hands and feet up. Keep the legs and arms straight.

With your gaze straight ahead, bring your chest and legs off of the ground, focusing all of the tension in your core. Hold this position for as long as you can. Afterward, slowly return to the starting position.



180 / Twisting Jump Squats

Primary muscle group(s):

Calves, Hamstrings, Quadriceps

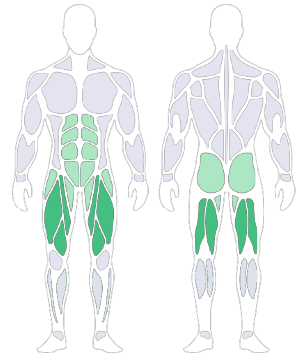
Secondary:

Abs, Glutes & Hip Flexors

Begin standing tall with a tight core. Your chest will be up and your gaze will be straight ahead. Bend at the knees and drive your hips back as you lower yourself into a squat position.

Launch yourself up while simultaneously twisting to the other side. Your body will perform a 180 degree turn in midair.

Land with bent knees and immediately go right into another jump squat, turning to the starting position. Repeat this alternating pattern.



Jackknife Sit-ups / Crunch / Toe Touches

Primary muscle group(s):

Abs

Secondary:

Glutes & Hip Flexors

Lie flat on an exercise mat, extending your arms straight back behind your head.

Fully extend your legs also. This is the start position.

Bend at your waist and at the same time, raise your legs and arms to meet in a closed jackknife position. Exhale as you do this.

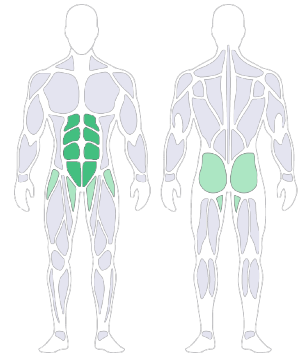
At this point, your legs should remain fully extended at between 35-45 degrees from the floor.

Your arms should be fully extended, parallel to your legs.

Your upper body should be raised off the floor.

Return to the start position by lowering your arms and legs back to the floor, exhaling as you do so.

Repeat.



Side to Side Jump Squats

Primary muscle group(s):

Quadriceps

Secondary:

Calves, Hamstrings

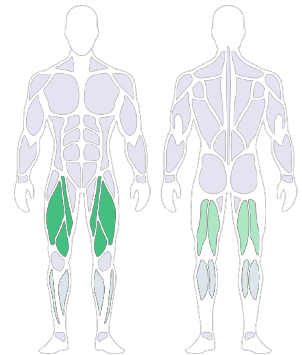
Place your feet shoulder-width apart. Bend at the knees while driving your hips back.

Keep your chest up and your core tight.

Remain in a squat stance as you forcefully push off the ground, jumping to the right side.

Check your form then repeat, jumping to the other side.

Keep alternating between sides.



Reverse Crunch

Primary muscle group(s):

Abs

Lie flat on an exercise mat on the floor.

Extend your legs fully and place your hands palms down, flat on the floor beside you.

Keeping your feet together, draw your knees up towards your chest, until your thighs are at 90 degrees to the floor and your calves are parallel to it. This is the start position.

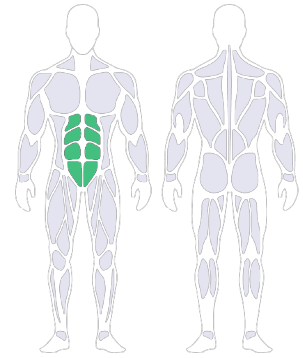
As you inhale, curl your hips up off the floor while bringing your knees further towards your chest.

Continue the movement until your knees are touching your chest, or as far as comfortable.

Hold for a count of one.

In a controlled movement, return your legs to the start position, exhaling as you do so.

Repeat.



Side / Lateral Shuffles / Hops / Skaters

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

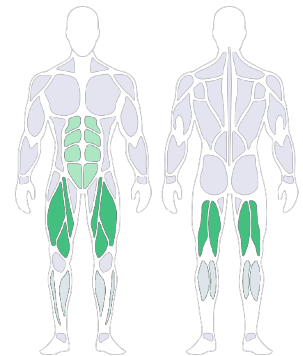
Abs, Calves

Keep your core tight and back flat as you bend slightly forward.

Perform a small jump to the right. As you do, bring your left leg behind you and tap the ground. At the same time, bring your left arm in front of you.

Now, jump to the left, bringing your right leg behind you and your right arm in front of you.

Repeat the movement, alternating back and forth.



Side Plank

Primary muscle group(s):

Obliques

Secondary:

Abs

Lie on your side on an exercise mat.

Fully extend your legs with one resting on top of the other.

Fully extend the top arm down the side of your body.

Bend the arm at floor level to 90 degrees. Your upper arm should be parallel to your body, while your forearm is at 90 degrees. This is the start position.

Lift your body off the ground and balance on your forearm and the side of your foot, while keeping your body in a straight line.

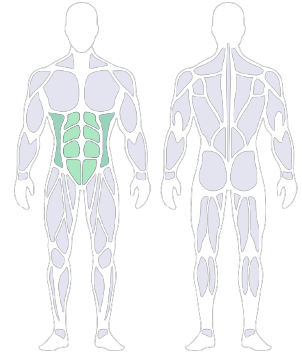
Contract your abdominal muscles and relax your shoulders.

Continue breathing throughout the whole exercise.

Hold this position for as long as you can.

Relax and change sides.

Repeat.



Standing Long Jumps

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

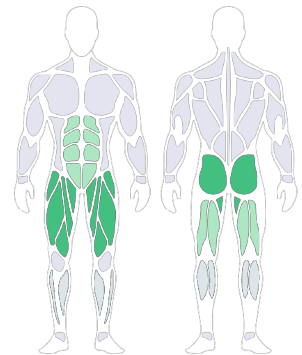
Secondary:

Abs, Calves, Hamstrings

Begin by standing tall with a straight back and tight core. Slightly bend the knees and push the hips back. Bring the hands up and keep the chest up. Feet should be shoulder-width apart.

Jump and launch yourself forward. Swing your arms back and use the momentum.

Land in a squat position. Knees are bent and hips are back. Return to starting position and repeat.



Russian / Mason / V-Sit Twists

Primary muscle group(s):

Abs

Secondary:

Lower Back

Lie on an exercise mat and place your feet under something that will not move or ask a spotter hold them down for you. Keep your knees bent.

Raise your upper body from the mat to form V-shape with your thighs.


Keep your arms fully extended in front of your chest, clasping your hands together. This is the start position.

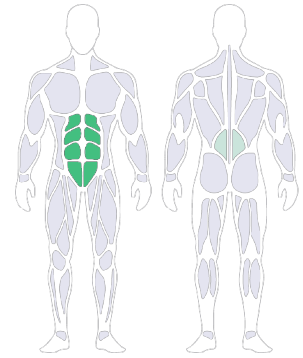
In a smooth motion, twist your upper body to the right until you feel a stretch in your back and sides. Keep your arms parallel to the floor and exhale as you do this. Hold for a count of one and inhale.

Return to the start position while breathing out.

Repeat the movement, this time to the left side of your body.

Repeat.

 As your strength increases, you can hold a weight plate or medicine ball in front of you to increase resistance and engage other muscle groups.



High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):

Abs

Secondary:

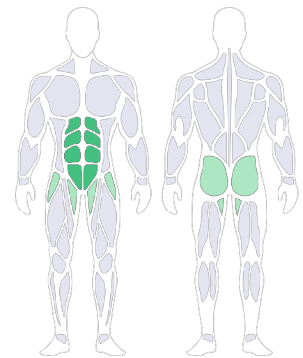
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!



Single / One Leg Hip Raises / Glute Bridges / Hip Extensions with Leg Lift

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs, Hamstrings, Quadriceps

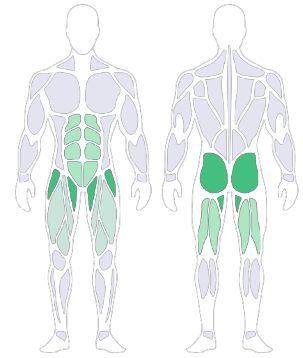
Lie on an exercise mat with your knees bent so that your feet are flat on the floor.

Raise one leg off the floor and bend your knee up towards your chest. This is the start position.

Perform the exercise by pushing down through your other heel and pushing your hips up, raising your glutes off the mat. Continue until your hips are in a straight line with your torso. Hold for a count of one.

Return to the start position by lowering your hip to the floor.

Complete all the repetitions for one set before changing legs.



Mountain Climbers / Alternating Knee-ins

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Chest, Shoulders

Place your hands flat on the floor, shoulder width apart.

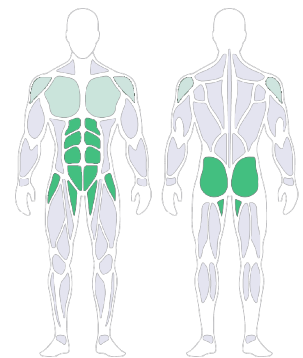
Extend your torso and legs fully behind you with only your toes and balls of your feet touching the floor.

Your body should be in a straight line, with your weight supported on your hands and toes only.

Starting with either leg, flex your knee and hip at the same time to bring your knee up and under your hip. Your other leg should remain fully extended. This is the start position.

Using an explosive movement, reverse the position of your legs, by extending the bent leg back and simultaneously flexing the straight leg until it is in the start position.

Continue alternating in this manner for the desired amount of time.



Crab Toe Touches

Primary muscle group(s):

Hamstrings, Lower Back, Quadriceps, Shoulders, Upper Back & Lower Traps

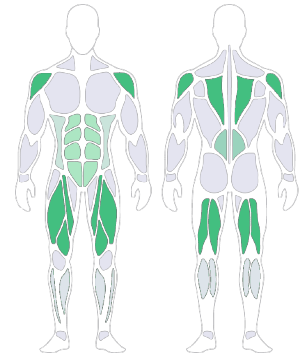
Secondary:

Abs, Calves, Obliques

Sit on the floor with your feet in front of you and hands behind you. Your fingers can be pointed towards the side or behind you. With your feet on the floor, lift your hips skyward. Pause when your body is parallel with the floor.

Focusing on contracting the core first, bring your right hand up while simultaneously lifting your left leg up. Touch your right hand to your left toes.

Slowly return to the elevated position and switch sides. Bring your left hand to your right toes. Keep alternating back and forth.



Burpees / Squat Thrusts

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Chest, Shoulders

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

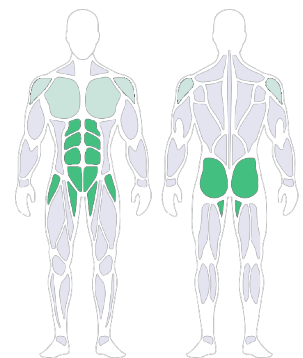
Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position.

Repeat.



Crunches

Primary muscle group(s):

Abs

Lie flat on your back with your feet flat on the ground, with your knees bent at 90 degrees. Alternatively, you can place your feet up on a bench a few inches apart with your toes turned inwards and touching.

Place your hands lightly on either side of your head.

Keep your elbows in so that they are parallel to your body.

Push your back down flat into the floor to isolate your abdominal muscles.

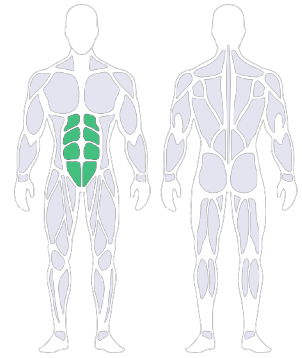
Gently curl your shoulders forward and up off the floor.

Continue to push down into the floor with your lower back.

Raise your shoulders about four to six inches only.

Hold and squeeze your abdominal muscles for a count of one.

Return to the start position in a smooth movement.



Balancing Table

Primary muscle group(s):

Abs, Spine

Secondary:

Glutes & Hip Flexors, Shoulders, Wrists

Begin on all fours. Bring your wrists directly under your shoulders and knees under your hips. Bring your head to a neutral position.

Stretch your right leg back with an inhale. Bring it parallel to the floor. Flex the foot.

Reach your left arm forward with an inhale. Bring it parallel to the floor.

Balance here for one or more slow, deep breaths. Lower with an exhale. Change sides and repeat.

