Dumbbell HIIT Workout

Forty seconds on and twenty off with a pair of dumbbells, four rounds of five big moves that work the whole body and the lungs.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
HIIT	Full body	Intermediate	30 min	Dumbbells

WARM UP

Once through, at an easy pace

Jumping Jacks



45 s

Bodyweight Squat



10 reps

Inchworm



4 reps

World's Greatest Stretch

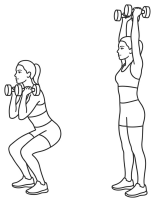


3 reps
each side

CIRCUIT

4 rounds, moves in order, 60 s rest between rounds

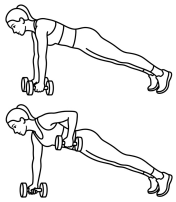
1 Dumbbell Thruster



40 s
rest 20 s

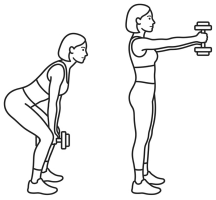
Light dumbbells; the legs drive the press

2 Dumbbell Renegade Row



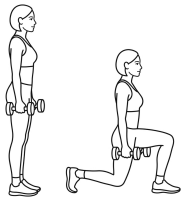
40 s
rest 20 s

3 Dumbbell Swing



40 s
rest 20 s

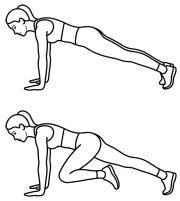
4 Dumbbell Reverse Lunge



40 s
rest 20 s

Alternate the legs

5 Mountain Climber

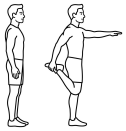


40 s
rest 20 s

COOL DOWN

Once through, at an easy pace

Standing Quad Stretch



30 s
each side

Standing Hamstring Stretch



30 s
each side

Child's Pose



45 s