HIIT Workout for Beginners

Thirty seconds on and thirty off, three rounds, no kit: hard enough to raise the heart rate, simple enough to learn on day one.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
HIIT	Cardio	Beginner	30 min	None

WARM UP

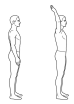
Once through, at an easy pace

Marching In Place



60 s

Arm Circles



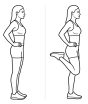
30 s

Bodyweight Squat



10 reps

Butt Kicks

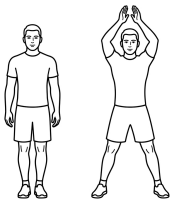


30 s

CIRCUIT

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

1 Jumping Jacks

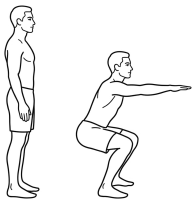


30 s

rest 30 s

Step them out side to side if jumping is too much

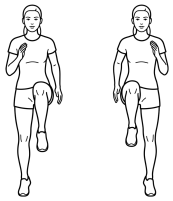
2 Bodyweight Squat



30 s

rest 30 s

3 High Knees

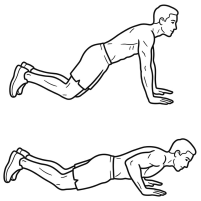


30 s

rest 30 s

March them fast to keep it low impact

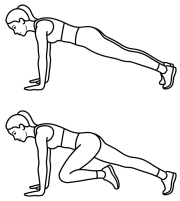
4 Knee Push-Up



30 s

rest 30 s

5 Mountain Climber



30 s

rest 30 s

6 Lateral Shuffle



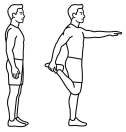
30 s

rest 30 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