



WITNESS — THE — FITNESS

#EMPOWERHER 

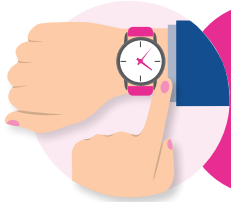
Session 4

TIME: 20 minutes

EQUIPMENT: Stopwatch / Interval trainer.
You can download an app onto your phone.

TYPE: HIIT

SAFETY: Complete a warm-up and cool-down with each session.



Set your timer for 20 rounds of 45 seconds of work and 15 seconds of rest.



Watch each of the clips if you are unsure of the exercise.

EXERCISES

Complete 4 rounds of the following:

- 45 seconds Frog Sprawls
(Sprawl to Stand for easier option)
- 15 seconds rest
- 45 seconds Lunge Jumps
- 15 seconds rest
- 45 seconds Plank Shoulder Taps
- 15 seconds rest
- 45 seconds Superman Burpee
- 15 seconds rest
- 45 seconds Plank Up-Downs
- 15 seconds rest

** Click the circles to check off each round as you go!*

ROUND 1

ROUND 2

ROUND 3

ROUND 4