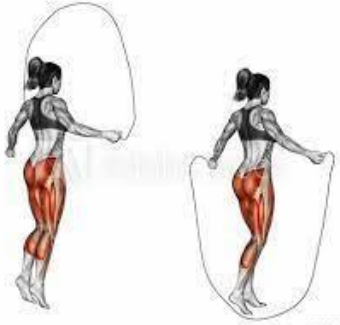




SKIPPING HIIT WORKOUT

Complete 4 rounds
Rest 10 sec between exercise
Rest 1 min between rounds

1) Skipping – 60s

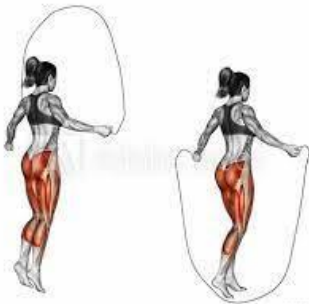


#111170981

2) Bodyweight Squats – 30s



3) Skipping – 60s

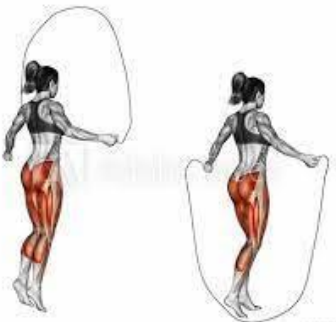


#111170981

4) High Knees – 30s



5) Skipping – 60s

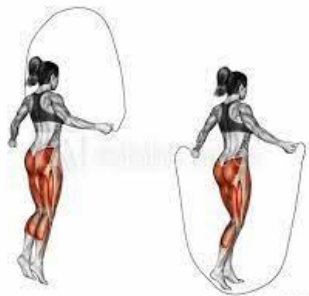


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6) Split Jump – 30s



7) Skipping – 60s



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8) Crossover Push Up – 30s



9) Rest – 60s

