SKIPPING HIIT WORKOUT

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

1) Skipping – 60s
2) Bodyweight Squats – 30s

3) Skipping – 60s
4) High Knees – 30s

5) Skipping – 60s
6) Split Jump – 30s

7) Skipping – 60s
8) Crossover Push Up – 30s

9) Rest – 60s