

fat burning HIIT WORKOUT

Do each exercise for 45 seconds with 15 seconds rest between the exercises. When you finish take a 60 seconds rest and do another round, 2 rounds total.

GORILLA SQUATS 45 SEC



SEASAW LUNGE (left leg) 45 SEC



PLANK HOLD 45 SEC



V-UP GUMBO 45 SEC



KNEES TO CHEST 45 SEC



SEASAW LUNGE (right leg) 45 SEC



SQUAT SPRAWLS 45 SEC



CRAB KICKS 45 SEC



TRAVELING JUMP SQUATS 45 SEC



BEAR CRAWL HOLD 45 SEC



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Routine That Actually Works How To Improve Home Workout Routine With

J Elliott



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