

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



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ML Morrison



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