



LOWER BODY HIIT

Build lower body strength and burn calories in this 20 minute HIIT workout.

Round 1: Perform each exercise for 45 seconds | Round 2: Perform each exercise for 60 seconds |

Round 3: Perform each exercise for 75 seconds | Take a 60 second break between each round

1

Bodyweight squats



2

Plyo (jumping) lunges



3

Kettlebell swings



4

Kettlebell RDLs



5

Fast feet



6

Squat jumps



7

Pulse squats



8

Wall sits



Bloggers With Low Budget Home Workout Routine Organically With Low

Michal Rosen-Zvi



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