



## **HIIT Workout 01**

- 1) 15X40 YRD Grassers- Sprint 20 YRDs, Sprint back 20 YRDs- 10 sec rest**
- 2) 10X50 YRD Sprints- 30 sec rest**
- 3) 8 X Mountain Climbers (50 reps) SS 40 YRD Sprints - 25 sec rest**
- 4) 5 X 20 YRD Bear Crawls SS 15- Jumping Squats**