

Fitwirr

25 MINUTE HIIT

TOTAL-BODY

WORKOUT



0:00-0:40
SQUAT PRESS

20 SEC REST



1:00-1:40
JUMP SQUATS

20 SEC REST



2:00-2:40
PUSH-UPS

20 SEC REST



3:00-3:40
GLUTE BRIDGES

20 SEC REST



4:00-4:40
DB RENEGADE ROWS

20 SEC REST



5:00-5:40
JUMPING JACK

20 SEC REST



6:00-6:40
DIPS

20 SEC REST



7:00-7:40
REVERSE CRUNCHES

20 SEC REST

Repeat 3 Sets