

# Advanced HIIT Workouts

## Basic Bodyweight Workout

- Squat jumps
- Press ups
- Lunges
- Tricep dips (off the side of the bed or a chair)
- Plank

## Killer Full Body Workout

- Jumping Jacks
- Burpees
- Squat Thrusts
- Running on the spot
- Tick tocks

## Hardcore Core Workout

- High plank
- Side plank
- Side plank
- Cross body mountain climbers
- Surfer burpees

*Consult your doctor before attempting any exercise, and follow his or her advice. You are responsible for exercising within your limits and assume all risk of injury to your person or property.*

*Do not attempt to exercise if you have a history of chest pain, or knee, ankle, wrist, shoulder, joint or spinal problems or injuries.*

*If at any time you feel you're exercising beyond your current fitness abilities or you feel discomfort, pain, dizziness or nausea, discontinue immediately.*