

QUICK HOLIDAY HIIT WORKOUT

No Excuses anywhere workout—no equipment needed

- 20 high knees
- 20 reverse lunges
- 20 push ups (modified, military, or against wall)
- 20 squats
- 20 triceps dips
- 20 side lunges
- 20 plank alternating knee to elbow or hold for 30 seconds

Work your way up to 5 rounds or if time permits.



Disclaimer: Be sure to start slowly and work your way up to the reps and the rounds especially if you have not been doing high intensity workouts. Always adjust the exercise and the intensity to fit your level of fitness. Consult your doctor if you have any concerns. Do not perform these exercises if injured.

Targeting Wellness, LLC