

# HIIT IT WORKOUT

**YOU NEED: PLENTY OF ENERGY AND SPACE MOVE**

**START WITH A 1 MINUTE WARM UP**

**4 ARM CIRCLES, 4 SQUATS, 4 TWISTS ON THE SPOT.**

**REPEAT FOR 1 MINUTE**

1. SUPERHERO JABS - LONG STRAIGHT ENERGY PUNCHES, LEFT, RIGHT, LEFT, RIGHT.
2. UPPERCUT ICE CREAM SCOOPS - PRETEND TO MAKE GIANT SCOOPS OF ICE CREAM UNDERHAND AND PUNCHING UP WITH A LITTLE BOUNCE.
3. RAINBOW HOOKS - PUNCHES FROM THE SIDE MAKE A RAINBOW SHAPE TURNING YOUR HIPS.
4. BOXER BOUNCE - HOPE SIDE TO SIDE LIKE YOU'RE JUMPING OVER A PUDDLE HANDS UP ON GUARD.
5. 2 PUNCHES DUCK - LEFT, RIGHT THEN DUCK DOWN.
6. HIGH KNEES HIGH PUNCHES - RUN AND PUNCH UP TO THE SKY AT THE SAME TIME.

**30 SECS WORK 10 SECS REST**

**REPEAT UNTIL 10MINS IS UP!**

**COOLDOWN - NICE BIG DEEP BREATHS ARMS TO THE SKY AND GIVE YOURSELF A HUG TWISTING SIDE TO SIDE!**

