

# FAMILY FRIENDLY HIIT

YOU NEED: A BALL FOR EACH PERSON

REMEMBER TO WARM UP FIRST THEN  
AWAY WE GO.....

1. BALL TO GROUND, BALL TO SKY - 45 SEC
2. CONE WEAVE - 45 SEC
3. FAST RUN ON THE SPOT - 15 SEC, REST 30 SEC
4. SQUAT SIDE TO SIDE (HAKA) - 45 SEC
5. POWER JUMPS - 45 SEC
6. FAST RUN ON THE SPOT - 15 SEC, REST 30 SEC
7. WALKING LUNGES - 45 SEC
8. RUN AND PASS - 45 SEC
9. FAST RUN ON THE SPOT - 15 SEC, REST 30 SEC
10. SHAKE UP THE STICKS (ARMS) - 45 SEC
11. SIDE SHUFFLES - 45 SEC
12. FAST RUN ON THE SPOT - 15 SEC, REST 30 SEC

REST FOR 1 MIN & REPEAT

