



# WORKOUT OF THE DAY



## Hiit Training Total Body Conditioning

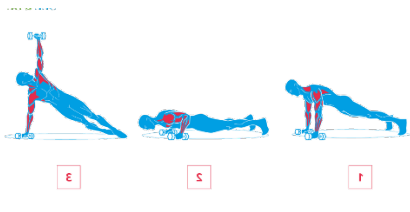
**What You'll Need:** Floor mat, kettlebells, Dumbbells, Bench.

**Recommendations:** Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential.

**Warm Up (2X):** arms circle, hips rolls, leg curls, high knee to hip roll, torso rotation, over head arms extension, pec deck arms, easy front lunges. Breezy walk. 30 seconds each.

**Hiit Circuit training exercises:** 30 seconds each station 30 seconds resting. Single side exercises complete 30" each side to then switch to the next exercise. 2 rounds.

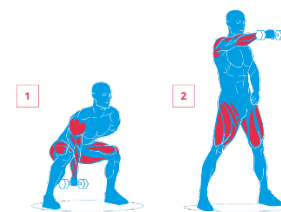
1) DB T push-up



2) Step up Knee raise



3) Single arm DB swing



4) KT Swing



5) KTB single arm front squat



6) DB single arm snatch



**Cool Down:** take a 5-minute walk and stretch big muscle groups, holding each stretch for 12-20 seconds.