

# MORNING HIIT START

## WORKOUT GUIDE

ADORABLY FIT

WEEK 1  WEEK 2  WEEK 3  WEEK 4  WEEK 5

**WORKOUT DURATION:** 15 MIN FOR 3-6 DAYS/WEEK

**PROGRAM DURATION:** 5 WEEKS

**RESISTANCE LEVEL:** LIGHT TO MODERATE

Use your body weight or light resistance like a kettlebell, pair of dumbbells, or resistance bands, to complete 15-20 reps.

### MONDAY & THURSDAY

FULL BODY

**Warm-Up:** 30 Sec Per Exercise

Toe Touch March

Arm Swings

Butt Kicks

Jumping Jacks

180 Squat Jumps

**Cycle 1:** 30 Sec Per Exercise

Banded Dumbbell Squats to Overhead Press

Banded Half Burpees

Knee Tuck Jumps

Rest 15 seconds

**Repeat 1x**

**Cycle 2:** 30 Sec Per Exercise

Banded Kettlebell Alternating Lateral Lunges

Toe Touch Skaters

High Knees

Rest 15 seconds

**Repeat 1x**

**Cycle 3:** 30 Sec Per Exercise

Push-Ups

Lateral Plank Walks

Mountain Climbers

Rest 15 seconds

**Repeat 1x**

**Cooldown:** Total 2 Minutes

Toe Touch Stretch

Quad Stretch

Shoulder Stretch

Side Bend Stretch

### TUESDAY & FRIDAY

FULL BODY

**Warm-Up:** 30 Sec Per Exercise

Jog in Place

Windmill Arm Circles

Lateral Leg Swings (Right Leg)

Lateral Leg Swings (Left Leg)

Plank Tuck Jumps

**Cycle 1:** 30 Sec Per Exercise

Banded Dumbbell Squat to Curtsy Lunges

Forward Jump Squats with Back Shuffle

Burpees

Rest 15 seconds

**Repeat 1x**

**Cycle 2:** 30 Sec Per Exercise

Dumbbell Alternating Reverse Lunges with Front Raise

Reverse Lunge to Knee-Up Hops (Right Leg)

Reverse Lunge to Knee-Up Hops (Left Leg)

Rest 15 seconds

**Repeat 1x**

**Cycle 3:** 30 Sec Per Exercise

Bent Over Dumbbell Bicep Curls to Reverse Fly

High Plank to Pike Push-Ups

Kick Throughs

Rest 15 seconds

**Repeat 1x**

**Cooldown:** Total 2 Minutes

Toe Touch Stretch

Quad Stretch

Shoulder Stretch

Side Bend Stretch

### WEDNESDAY & SATURDAY

FULL BODY

**Warm-Up:** 30 Sec Per Exercise

Jump Rope in Place

Forward Leg Swings (Right Leg)

Forward Leg Swings (Left Leg)

Alternating Lunges

Squat Jacks

**Cycle 1:** 30 Sec Per Exercise

Kettlebell Frog Squats

Kettlebell Swings

Pop Squat Twists

Rest 15 seconds

**Repeat 1x**

**Cycle 2:** 30 Sec Per Exercise

Kettlebell Bent Over Rows to Romanian Deadlift

Banded Squat Walk (Forward and Backward)

Jumping Lunges

Rest 15 seconds

**Repeat 1x**

**Cycle 3:** 30 Sec Per Exercise

Dumbbell Sit-up to Russian Twists

Dumbbell Planks with Row

180 Burpees

Rest 15 seconds

**Repeat 1x**

**Cooldown:** Total 2 Minutes

Toe Touch Stretch

Quad Stretch

Shoulder Stretch

Side Bend Stretch

**TIPS:** Kettlebell exercises can be replaced with a pair of dumbbells instead. Since this is a HIIT workout, be sure to have the interval sequence pre-set either with a timer watch or timer app like Interval Timer. Use a yoga mat for more comfort and safety during floor movements. For more tips visit [www.adorablyfit.com](http://www.adorablyfit.com)